THE MAGAZINE MEN LIVE BY

Men's Health

100 Best Tech Toys for Men (Flip Issue)

Strength + Power

Reshape Your Body, Reclaim Your Life!

Take Control

24 Daily Stressors Solved!

MH GUY
IDRIS ELBA
Success, Accelerated

Cut Your Diabetes Risk

P. 24

CREATINE

Build Muscle 2x Faster

The #1 Fat-Burning Exercise

Date Night at the Strip Club

P. 79

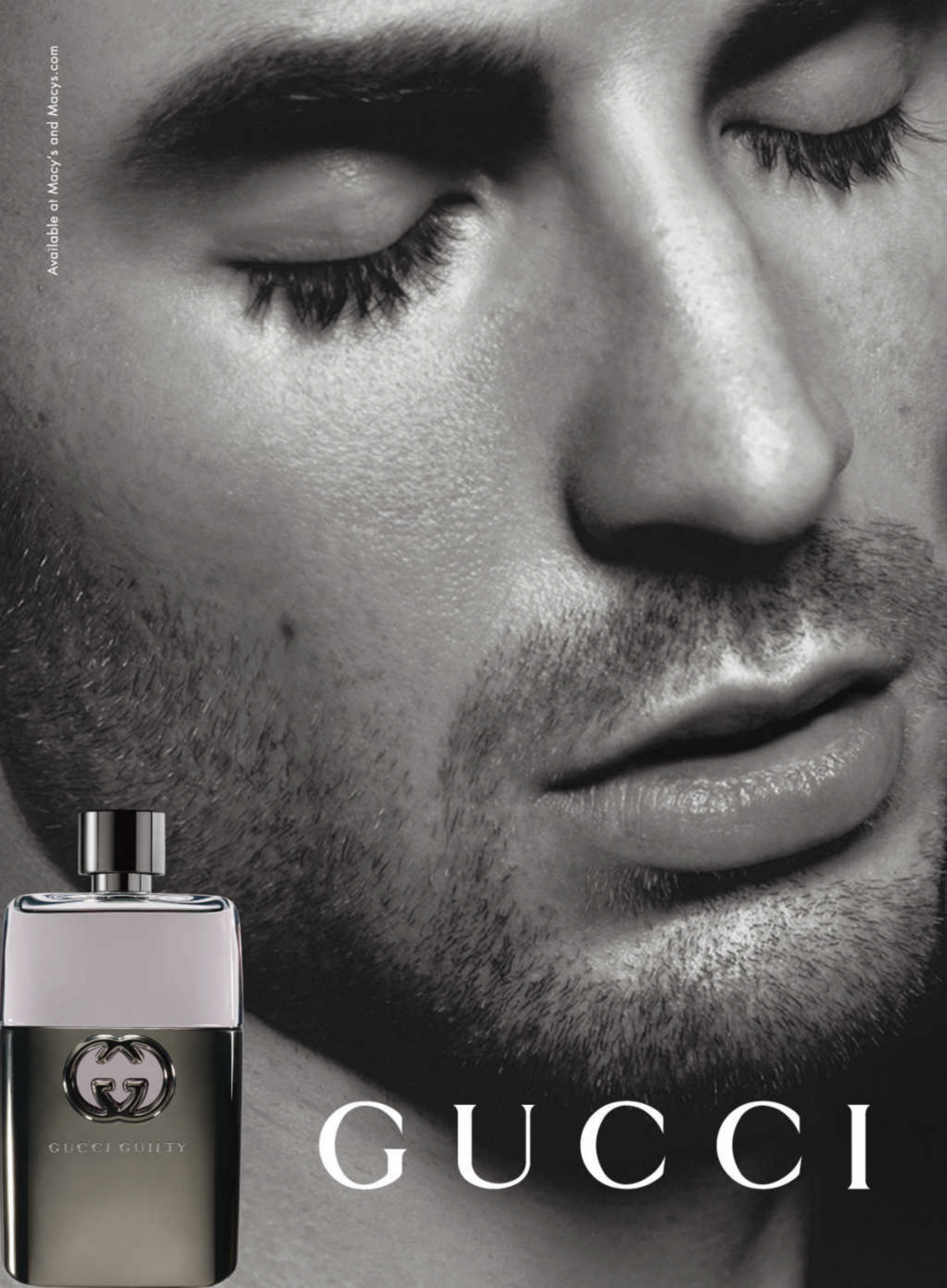
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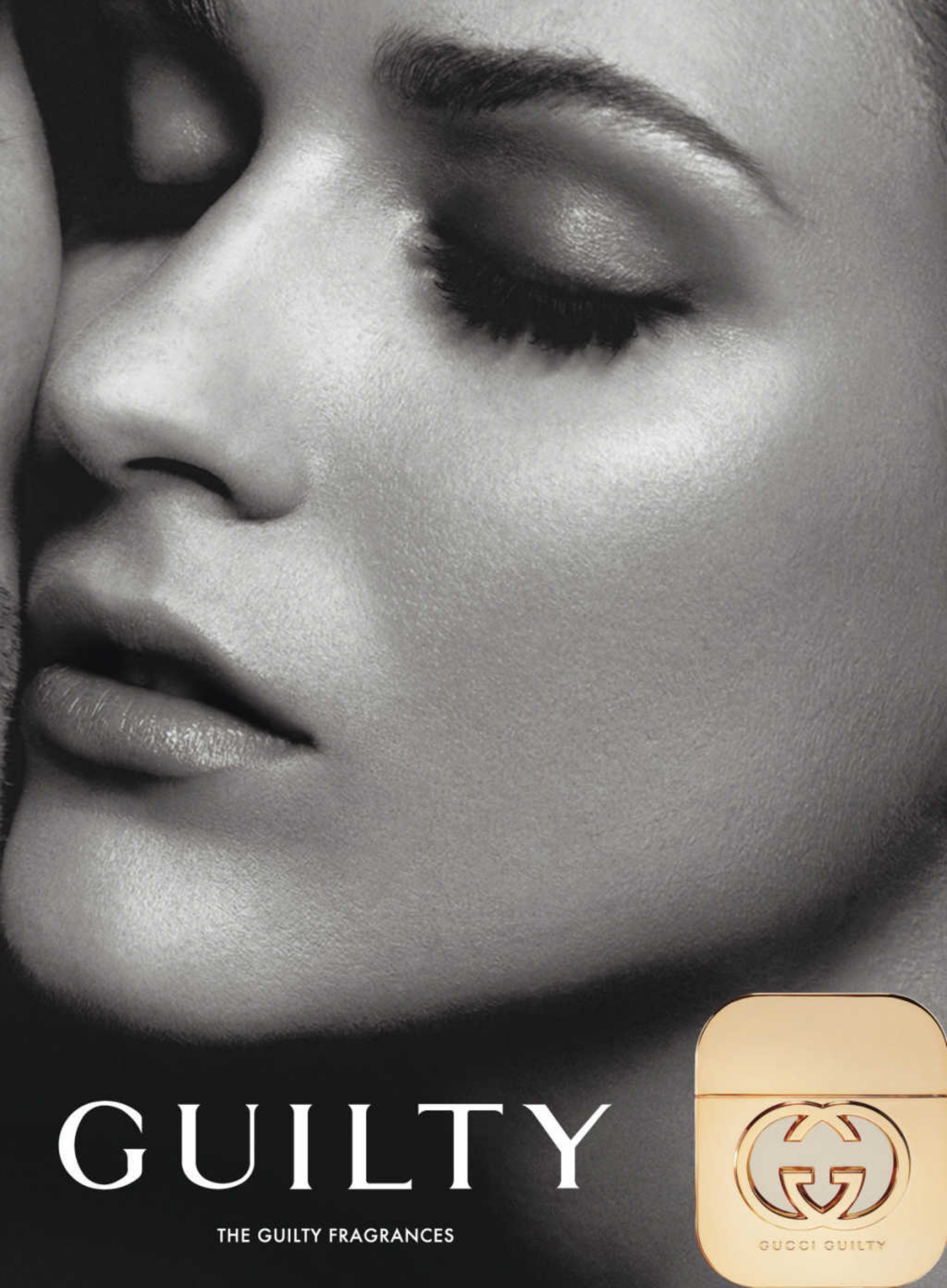
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Winter's perfect for it!

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Strength + Power
Carve big-screen muscle with Hollywood's top trainer.
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Take Control, Banish Stress!
You'll be surprised to learn which stressor is deadliest—but you'll dig our simple fixes.
BY BRYAN SMITH

Idris Elba sets the new standard for masculine cool. Take notes.

FEATURES / COVER STORIES

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Secrets from the World's Fittest Men

Idris Elba and a crew of fighters, actors, and athletes show you how to drop 10 pounds, build arms and abs, and make women swoon!

BY BEN COURT PAGE 80

THE BEST TECH TOYS FOR MEN 2016

Flip this issue to pick out the gear you want Santa to drop down your chimney. Or park in your driveway.

Idris wears a Splendid T-shirt, Superdry+Idris Elba jeans, and a Legacy Workshop bracelet.

Photograph by TURE LILLEGRAVEN

FOOD + NUTRITION



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Think that movie is scary? Just look at all the popcorn you ate!

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Science now knows which foods put her in the mood. Eat up!

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Take a simple test while you read this issue. Then try our smart fix for a leaner, healthier future.

65/ Man Up, Feds
Women live longer than men do. So why does the government give them so much more attention?
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33/ Do You Have a Prayer?
Churches are full of old people. Maybe they know the secret to a long, healthy life? Learn more with our irreverent guide to religion.

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BY DAN MICHEL

128/ Does She Want Lingerie?
Our holiday poll has the answer.

OUR MH GUY
Idris Elba, photographed by Ture Lillegraven. Styling by Brian Boyé, grooming by Melanie Neufeld/MAC Cosmetics/Plutino Group, hair by Brett Mayo, production by Shaun Veltkamp/The Hive Media Works.



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DECEMBER #MHchallenge



MAKE THIS YOUR SEASON FOR ACTION, NOT SLOTH.

Some laziness is okay. But try to balance it out with these five metabolism and brain boosters.

1

Stun the world by wrapping up your shopping early.

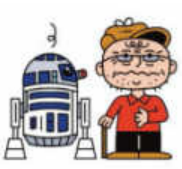
Procrastination doesn't just suck—it can kill. (See page 98.) So hit the sites and stores ahead of time. It'll feel great—and we're tired of your griping every year. In fact, by mid-December, not even 10 percent of guys are done with their shopping. C'mon, Claus. You can do better than that.



2

Feel the force this holiday season, you blockhead.

Raise 'em right: Take your kids (or borrow some) to *Star Wars: The Force Awakens*, opening December 18. When the adrenaline subsides, make time for the full-immersion nostalgia of *A Charlie Brown Christmas*, which will turn 50 this year. Then explain about grownup tears.



3

Find your sneaks, head outside, and drain a few treys.

Start a new Christmas Day tradition to go with your current weird ones, like movie openings and endless NBA games on TV. Escape the house, hit the driveway (shovel if needed), and try to work up a sweat. But don't miss Steph vs. LeBron in a rematch of last year's Warriors-Cavs finals.



4

Attack that party buffet with gusto—and good sense.

Do us a favor: Eat something before your next party, and then select protein-rich food when you first arrive. Now enjoy yourself, but take notes on your calorie intake, hunger level, and intoxication. Then tweet your results to @MensHealthMag. If they're incoherent, find a designated driver.



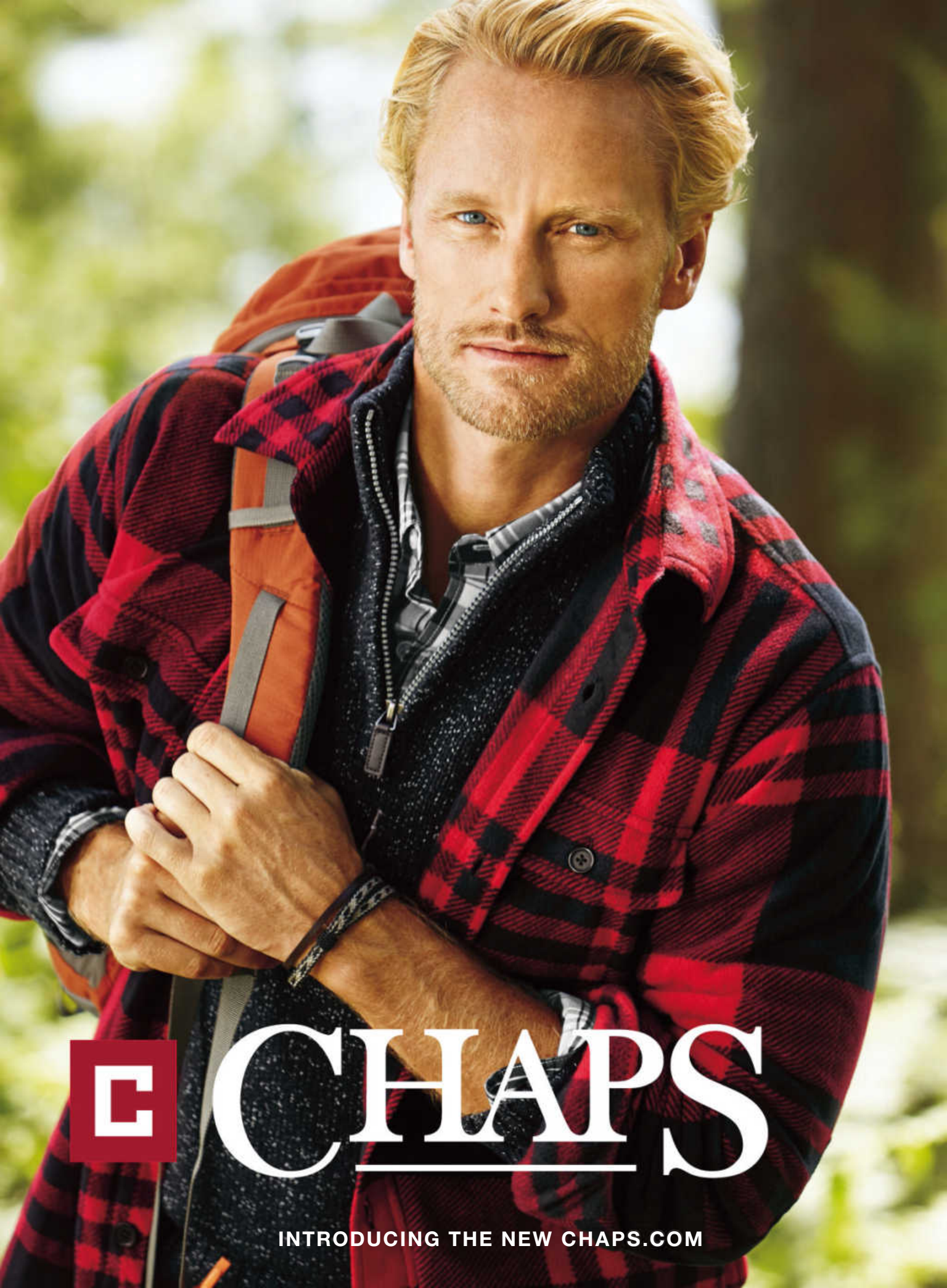
5

Resist the urge to cave-dwell as the days grow short.

Stop listening to your body; it wants to downshift your metabolism as daylight ebbs. Go outside and exercise. (Yes, walking counts.) Cold revs your metabolic engine and raises your levels of brown fat, the good kind that can help cut your risk of diabetes. Bonus: Shivering burns calories.



Chris Burkard (photograph), SERGE SEIDLITZ (illustrations)


CHAPS
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Why Do Good Men Die Young?

MY DAD CALLED ONE SUNDAY AFTERNOON. WE TALKED SPORTS AND POLITICS, BUT THE conversation quickly stalled. "Talk to you later," I said, trying to push him along.

"Maybe."

Maybe?

"I think I'm having a heart attack."

He wasn't, luckily. But I had to track down my mom, and she had to drag him to the ER to find out. Perhaps my father's hesitation shouldn't have surprised us. His own father died of a prostate tumor that no one in the family knew about until the autopsy.

What is it with guys and doctors? And with women and their much better health? If you look at the stats, it's clear that we men need all the help we can get.

- Women outlive men by five years.
- Men die earlier from nine of the top 10 causes of disease—including cancer, stroke, heart disease, and lung disease—than women do.
- Men are victims of almost twice as many accidents, three times as many murders, and quadruple the suicides.
- Women are three times as likely to visit a doctor. An excuse I hear a lot from men: No time. (Um, bullshit.)

A half dozen federal offices are tasked with advancing the health of women, and bravo to that. But doesn't data this dire suggest that men deserve a little attention too? I'd like to think so, and many of my *Men's Health* colleagues agree. That's why, on page 69, we're calling on the U.S. government to do something about it. You can support the establishment and funding of a federal Office of Men's Health by signing our petition at whitehouse.gov. With 100,000 signatures in 30 days, we're guaranteed action. Hey, it's easier than making a doctor's appointment, right?

But a federal office isn't a miracle cure. You'll always be your own best health care provider—you know your body best, after all—and *Men's Health* will be here to empower you. But you need to know when to take action. And you need to be willing to.

As for my dad, his luck ran out on a Sunday two years after the heart attack scare, when he suffered a major stroke. He never regained consciousness; doctors declared him dead two days later. He was just 59. Another good man, taken too soon.



Photograph by SPENCER HEYFRON

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WOMEN OWNED

Men's Health carries the very latest health, fitness, and nutrition reporting and taps the world's foremost experts so you can be more knowledgeable about your health. But every body is different. Take what you read here as general information; individual diagnoses and treatments can come only from a health care practitioner.

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"Want to be healthier? Try reading this mag 40 hours a week—you'll scrutinize every diet and lifestyle decision!"

FAVORITE MH TIP
YOU SHOULD SMOKE WHEN YOU COOK! NO, NOT THAT KIND OF SMOKING, DUDE—WE'RE TALKING TURKEY HERE. READ ALL ABOUT THIS FOWL IDEA ON PAGE 50.



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"Interns get the best jobs! This issue, I interviewed some of the world's fittest, hottest guys [page 80]."

FAVORITE MH TIP
BLEEDING CUBBIE BLUE ISN'T SO BAD: WORSHIPPING A SPORTS TEAM MIGHT ACTUALLY HELP YOU MAKE FRIENDS AND LIVE LONGER, RESEARCH SHOWS. SEE PAGE 69.

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"Got embarrassing questions about your penis? You're not alone. And I have answers!" MensHealth.com/sex-women/attractive-penis

FAVORITE MH TIP
HIT THE BAR: TO IMPROVE YOUR PULLUPS, DO (OOF!) MORE OF THEM. TOM HARDY HELPS YOU MAD-MAX OUT ON PAGE 94.

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CHROME



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RULES I LIVE BY Fending Off the Flu

How our health, nutrition, and psychology experts avoid going viral.

Enlist Your Gut as a Flu Fighter

"Our gut plays a huge role in immunity. That's why I take a daily probiotic from the Garden of Life Dr. Formulated line. I also pop 1,000 IU of vitamin D and, at night, a supplement containing zinc called ZMA to further fortify my immune system. **If I feel like I'm coming down with something, I turn to elderberry extract** (a couple of tablespoons twice a day) for its antiviral properties. At the same time, I swap out my morning coffee for a cup of matcha green tea; research from Korea suggests that it may help our bodies fight the flu virus."

Mike Roussell, Ph.D., is an adjunct assistant professor of nutrition at Penn State University and the author of *The Six Pillars of Nutrition.*

Find a Nice, Kneady Partner

"Unless I simply can't stand up, I work out. I always end up feeling better as a result. Plus, **getting a massage from my wife is the most therapeutic thing in the world.** Science can't yet say for sure why massage is such a help, but there are lots of theories. Some studies suggest that massage plays a role in increasing immune system activity. In my case, I just like cuddling with my wife."

David Katz, M.D., M.P.H., FACPM, F.A.C.P., is director of the Yale-Griffin Prevention Research Center in Derby, Connecticut.

Take the High-Percentage Shots

"Many men still ignore **the three simplest flu-prevention strategies: vaccination, proper hand washing, and sufficient sleep.** CDC stats link vaccines with a 60 percent dip in flu-related doctor visits. And when you wash your hands, scrub for 20 seconds. As for sleep, a new study found that people who slept more than six hours a night were four times less likely to develop colds than those who slept less. It's also smart to drink plenty of water. Proper hydration keeps the fluid levels in key immune system cells balanced, helping them function optimally."

Ted Epperly, M.D., is president and CEO of the Family Medicine Residency of Idaho.

Embrace Your Health Daily

"A stronger immune system can be within your reach: In a recent study in the journal *Psychological Science*, **people who spent the most time hugging were less sick after exposure to a flu virus** than those who rarely wrapped their arms around someone. One way this works is that regular physical contact with people challenges your immune system and makes it stronger. Plus, the researchers found that contact reduces interpersonal stress, which may make you more resilient to infections. The takeaway: Hug more!"

Thomas Joiner, Ph.D., is a professor of psychology at Florida State University.

Sweat Now, Chill Out Later

"Recent research has shown that **exercise and mind-body therapies, such as Qigong and meditation, can help your body fight infection.** Chronic psychological stress can impair your antiviral immunity and activate a pro-inflammatory response. Increasing your relaxation and engaging in moderate to vigorous physical activity counters both effects. That's why I take the time to work out and meditate every day, especially during cold and flu season."

Mark Peterson, Ph.D., C.S.C.S., is a research assistant professor of physical medicine and rehabilitation at the University of Michigan.



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Enough about us. Let's talk about you for a minute.

There is the relaxed you (hopefully we'll be seeing that you a little more often). There is the sporty you (the you who can dodge and weave and go go go). And then there is the intelligent, dependable, everyday you. This is the one who knows that all of you need their vehicle to be versatile, responsive and smart enough to adapt to whichever one of you is behind the wheel. Three driving modes that, all together, deliver the feeling of control, comfort and — wait for it — connection. It's just one (well, three actually) of the impressive innovations you'll find on the entirely new Lincoln MKX. *LincolnMKX.com/Driving*

THE FEELING STAYS WITH YOU.

Available features shown. Wheels available fall 2015.



Ask MH™

LIFE'S QUESTIONS, ANSWERED



Do fireplaces spew out toxins?

SAM, FRANKLIN, NH

Ah, there's nothing like a fire to warm the heart and damage the lungs. Every log you light up emits a cocktail of chemicals that includes benzene, formaldehyde, fine particulate matter, and polycyclic aromatic hydrocarbons, says Larry Brockman, the EPA's residential wood smoke team leader. Ideally, all those toxins should go up where Santa comes down. But if the chimney is clogged with a tarlike substance called creosote, they could be coming back into your home. That can cause breathing trouble for you and lung inflammation in kids and the elderly. If you have heart disease, your heart attack risk will go up too. Find a certified tech who can inspect your chimney at csia.org. And only burn hardwoods, like beech or oak, that have been kiln-dried or seasoned; more moisture in the wood means more smoke.

Does it matter if my olive oil comes in a glass, plastic, or tin container?

BRIAN, ITHACA, NY

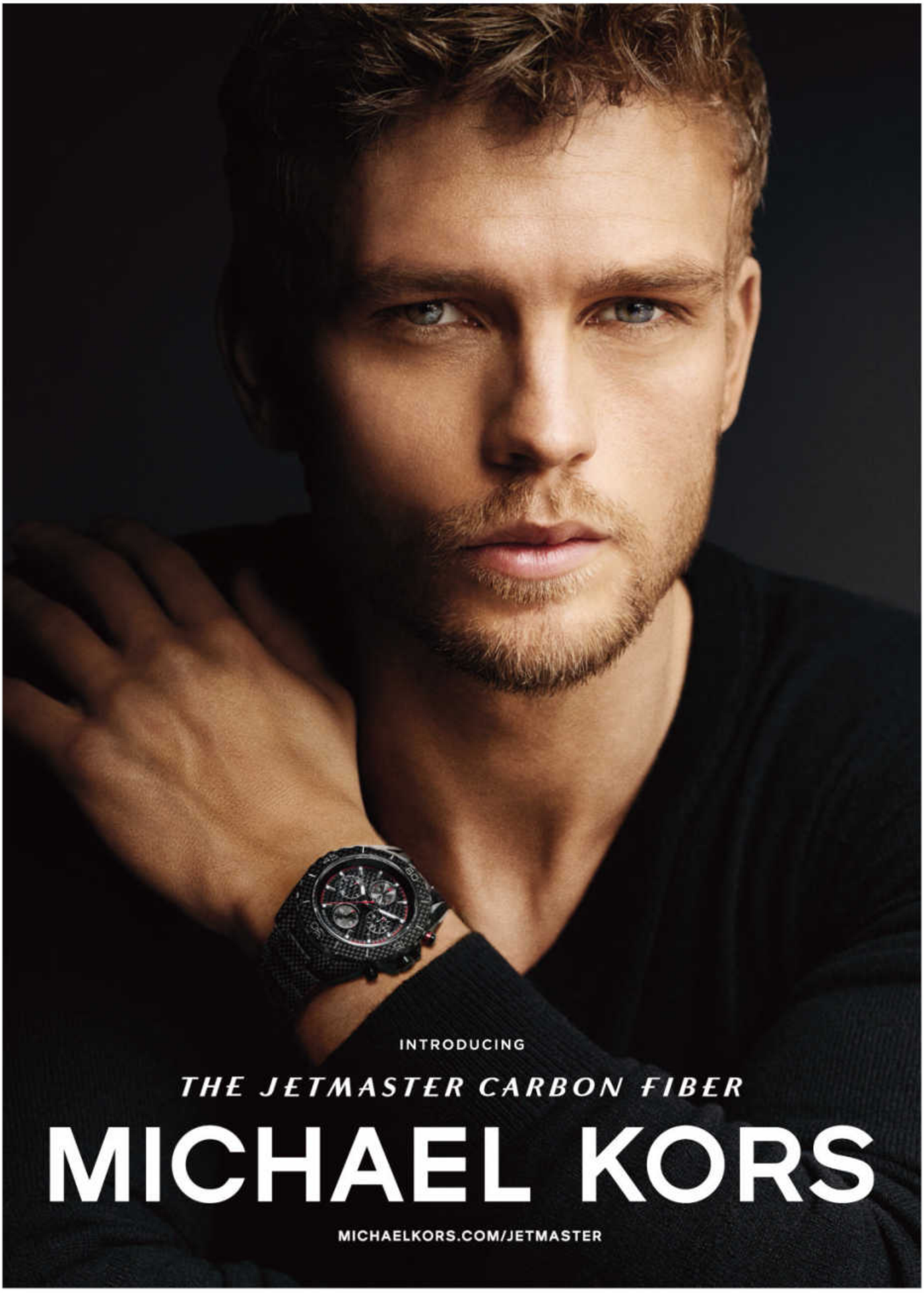
Plastic is the pits: Compared with glass and tin, it's more permeable to oxygen. That's bad, because O_2 accelerates the aging of olive oil, explains Selina Wang, Ph.D., research director at the UC Davis Olive Center. When scientists in Spain evaluated the different types of containers, they discovered that olive oil stored in plastic went rancid the fastest and lost the most polyphenols after six months. Did we mention that it was clear plastic? When light joins the oxygen invasion, olive oil degrades even more quickly, says Wang. That makes tin and dark-green glass the top choices, since they provide protection from both light and oxygen. If you go with glass, keep the bottle in the dark at home too. The ideal storage spot: a kitchen cabinet or pantry with air temperatures kept between 50° and 60°F. In an Australian study, researchers discovered that higher temperatures can significantly deplete the nutritional content of olive oil. As for the slick stuff you already have in your pantry, pour a little on a white plate: If it looks more brown than yellow, toss the container. The Spanish study also found that brown was the color of spoiled oil.

Did men have six-pack abs thousands of years ago?

TIM, SAN MATEO, CA

Yep. But they weren't holding planks; they were throwing spears and swinging clubs. Hunter-gatherers' activity levels were as extreme as those of today's collegiate athletes, says Danny Longman, Ph.D., a postdoctoral fellow in anthropology at the University of Cambridge. In fact, according to a 2013 study published in the *Journal of Human Evolution*, weeklong expeditions for mastodon meat took place on hunting grounds that covered up to 3,000 square miles; cross-country runners log 80 to 100 miles a

Ryan Lane/Getty Images


INTRODUCING
THE JETMASTER CARBON FIBER
MICHAEL KORS
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AM I NORMAL?

I'm happily married but sometimes fantasize about divorcing my wife.

MARK, WILMINGTON, NC

If Mark's wife is reading this, relax. No need to call your attorney. As for you, Mark, when a man is happy with his honey but still thinks about untying the knot, something other than the marriage—his job or finances, perhaps—may be causing strain, says Jared DeFife, Ph.D., a relationship therapist in Atlanta. Subconsciously you may be conflating your marriage with those problems because she personifies the stressful responsibilities in your life: Ditch her and you ditch them. Even though it's all happening inside your mind, the eventual result could be marital discord. "You may disconnect from your partner instead of asking her for help," DeFife says. So talk to her! Then defuse the fantasy by playing it out in your head: Imagine you two split up but everything else stayed the same—the bastard boss, the tanking portfolio. Things still suck, right? Good. You just closed the psychological escape hatch. Now you can deal with your problems.

● NORMAL ○ WEIRD

week. Then there's the food that fueled these epic forays: On a good day, our ancestors consumed about 2,000 calories from fresh lean meat, fish, nuts, vegetables, and fruit. Not on the menu: grains, dairy, and all the stuff we find in processed foods today, including extra sodium, added sugars, and trans fats. That's the inspiration behind today's Paleo diet: In a Dutch study, obese people who followed this type of plan shed 1.2 inches of waist circumference after just two weeks, all without having to track and kill their dinner. So cavemen weren't looking for a six-pack—it found them.

Do any of those eye-health supplements actually work?

CHARLES, FLAGSTAFF, AZ

Some do, but others are only effective at raising eyebrows. Be wary of any product bearing a claim that it'll prevent cataracts or improve your vision, warns *Men's Health* ophthalmology advisor Kimberly Cockerham, M.D. The current research doesn't back up their promises. So which supplements aren't trying to rob you blind? Some that help treat dry eyes or slow the progression of age-related macular degeneration (AMD) can generally be trusted. Research in the *International Journal of Ophthalmology* showed that 65 percent of people with dry eye syndrome who took a daily omega-3 supplement (325 mg EPA, 175 mg DHA) for three months experienced relief from parched peepers. These fatty acids can help ease inflammation that causes your orbs' lacrimal glands to decrease normal tear production, says Dr. Cockerham. As for AMD, National Eye Institute researchers have discovered that swallowing a combination of vitamin C, vitamin E, lutein, zeaxanthin, and zinc can reduce the risk of developing the disease over the next five years by 25 percent. We'll save you the trouble—and eyestrain—of reading every label: Only PreserVision AREDS 2 Formula softgels ($28, amazon.com) contain the correct dose of each nutrient, according to a 2015 study by the American Academy of Ophthalmology.

I know I get enough sodium in my diet, so why do I sometimes crave salt?

DAN, DAYTON, OH

Eyeing a deer lick, Dan? That hankering is all in your head. The amount of sodium in the average American diet far exceeds that needed for survival, says Marcia Pelchat, Ph.D., a researcher at the Monell Chemical Senses Center in Philadelphia. Over time, the excess may cause changes in certain areas of your brain associated with motivation and pleasure, including your ventral tegmental area—part of a region that's been implicated in drug abuse and addiction, according to University of Iowa research. Even one day of cutting back on pepper's pal could prompt you to want and need more, says Pelchat. Get the picture? You're hooked. And while you could just go cold turkey, weaning yourself off sodium can also work: Studies show that reducing your sodium intake by 30 to 50 percent can help reduce salt cravings within two to three months. To help resist the hankering for salt when you're dining at home, keep some oregano within reach. In a Brazilian study, people who initially opted for a salty piece of French bread later preferred the taste of a low-sodium slice seasoned with the herb.

My lips are always chapped. What should I look for in an organic lip balm?

STEVEN, CHICAGO, IL

We get it: You don't want chemicals in your food, so why would you go and smear them on your lips? Start by looking for balms bearing the USDA organic seal. That means at least 95 percent of the ingredients are organically produced; the other 5 percent can include anything included on the National Organic Program's list of allowed substances. Definitely verboten: parabens, which are a class of synthetic preservatives that may be linked to sperm DNA damage; and petrolatum, a fuel-oil byproduct that can be contaminated with carcinogens if it's not refined enough. One more thing you don't want: menthol. While this mint extract is natural, it's also naturally drying, says Jeannette Graf, M.D., an assistant clinical professor of dermatology at Mount Sinai Medical Center. Instead, lock in moisture with organic oils and beeswax, and keep out damaging UV rays with zinc oxide sunscreen. You can find this triple protection in a tube of All Good Lips coconut lip balm, SPF 20 ($3.50, elementalherbs.com). To hasten the healing of your cracked kisser, rub on some relief every hour or so, Dr. Graf suggests.

What's the best cardio workout I can do during the winter?

CHRIS, CANTON, MA

An all-neighborhood snowball fight to the death (or dinner). But if it's solo activity you're after, try snowshoeing or cross-country skiing. Both require endurance and strength to haul yourself over undulating terrain without the gravitational assist you get with snowboarding or downhill skiing, says Cemal Ozemek, Ph.D., an exercise physiologist at the University of Colorado. Which provides the hotter burn? Cross-country skiing, because of the role of the poles in pushing yourself forward, says Ozemek. "When more muscle mass is recruited for an aerobic activity, your oxygen demands increase, which in turn increases cardiovascular exertion," he explains. That's why an average 180-pound man will torch 100 more calories for every 30 minutes of vigorous cross-country skiing versus snowshoeing. Weather too frightful? Do 30-second sets of split jacks for up to 20 minutes, says *MH* fitness director BJ Gaddour. Use an alternating arm-leg pattern as you would when cross-country skiing, and rest between sets.



Illustration by TOBY LEIGH


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YOUR BODY, DISSECTED

Mark Welton, M.D.

Why do some of my bowel movements make me feel so damn good?

RYAN, SANTA FE, NM

Let's start with what happens before you squat and say "aah." Every time your colon fills up with fecal matter, stretch receptors in your rectum send warning signals up your sacral nerves to your brain that say, "If you don't take a dump, your colon will rupture and you'll die." You wisely decide that it's better to hit the john than be full of crap and expire. But while unburdening your bowels does feel good—reinforcing that it was the right choice for survival—this probably isn't the near-orgasmic sensation you're talking about. That only happens when your BM is large enough for its passage to also stimulate your vagus nerve, which runs from your colon to your brain stem. When that happens, your blood pressure drops and you feel lightheaded, leading to a brief blip of sublime relaxation—or what some like to call poophoria.

I've been hearing a lot about all the benefits of vitamin D. Is there an easy way to find out if I'm getting enough of it?

JIM, NORWALK, CT

It's as easy as rolling up your sleeve. Your doctor can order a simple blood test to measure your D levels; anything under 30 ng/ml qualifies as low. Or you could just assume you're earning a solid F in the D department. According to a recent report from the CDC, a fairly sizable chunk of guys come up significantly short on the vitamin: Six percent of American men have levels that place them at risk for clinical deficiency, and at least 23 percent fall into the "inadequate" range. In fact, cases of inadequacy and deficiency peak in the 20-to-39 age group. Another clue: You've started feeling wimpy during your weight training sessions. That's because your muscle fibers contain vitamin D receptors, which play a key role in protein synthesis and growth, say U.K. researchers. Without enough of the nutrient, both your muscle size and function can suffer. So what's a D-ficient guy to do? Don't count on the sun to save you, says Michael F. Holick, M.D., Ph.D., a professor of medicine, physiology, and biophysics at Boston University School of Medicine. During the winter months, the angle of the earth changes in relation to the sun, which makes it more difficult for your skin to synthesize D from UV light. And any attempt to make up the shortfall with food would be a very tall order: "You'd have to drink six to 10 glasses of milk a day just to reach 600 to 1,000 units of vitamin D," says Dr. Holick. His advice? Swallow a supplement instead. Pop 2,000 IU of vitamin D every day, at least until April, when the sunshine vitamin starts living up to its name again.

My wife sees her gynecologist on a regular basis. Should I be visiting a urologist as often?

TOM, WEST CHESTER, PA

The differences between your ologist and hers involve more than just stirrups and speculums. A majority of women start having annual gynecological checkups when they're teenagers. As a result, these doctors tend to pull double duty as both women's health specialists and primary care physicians, says Bradley Leibovich, M.D., a Mayo Clinic urologist. Along with performing the expected pelvic exam and Pap smear, gynecologists often feel for breast lumps, check for STDs, manage general health issues, and do a basic physical. For male teenagers, it's the general physician who handles the system checks, such as hernia and testicular exams. Only if an actual problem popped up (or out) would you be referred to a urologist. Same goes if you ever noticed blood in your urine, a testicular lump, or any other plumbing issue. That's the chain-of-care command until you turn 50, the age at which your prostate cancer risk increases significantly (or 40 if you're African American or have a family history of the disease). At that point, Dr. Leibovich suggests, talk to your doctor about whether you should start checking in with a urologist annually for a prostate-specific antigen test, or PSA. You may end up deciding to pass on the gland exam, though; current guidelines from the U.S. Preventive Services Task Force say the test has too many downsides to recommend. For more on the PSA controversy, go to MensHealth.com/health/prostate-cancer-testing.

Have a question? We've got answers! Ask at MensHealth.com/experts.

"MY DAD'S BEST GIFTS WERE THOSE HE MADE BY HAND."

Watching him in his workshop, I learned the value of making something with your own hands. I handcrafted the first vintage of this California Cabernet Sauvignon to enjoy with my family and closest friends. I named it Josh Cellars after my dad, and it was my handmade gift to him. I hope you'll share a bottle of Josh with those you love this holiday season.

—Joseph Carr, Son & Napa Valley Vintner





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joshcellars.com

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DOUBLE-CHIN FEATURE

Don't munch like a mindless zombie. **Your movie choice may give you a hankering for a buttered-popcorn binge.** In a 2015 study from Lebanon, thrillers and horror flicks were more likely than romances and comedies to bring on viewers' cravings for salty, fatty snacks. Blame the stress triggered by action-packed films: It causes the release of cortisol, which increases the desire for these types of foods, explains Aner Tal, Ph.D., of Cornell University's Food and Brand Lab. So if you must munch, buy the child-size popcorn: Small portions of a snack can be just as satisfying as servings with seven times the calories, according to research from Cornell University.



PHOTOGRAPHS BY LEVI BROWN

The Beat in Diabetes

Don't be among the quick and the dead. **Having a fast resting heart rate may raise your risk of diabetes,** research in the *International Journal of Epidemiology* suggests. People who clocked in at 88 beats per minute had a 73 percent higher diabetes risk than those with slower tickers. A speedier resting heart rate signals increased sympathetic nervous system activity, which can mess with insulin regulation. Other studies show that eight weeks of high-intensity interval training can lower a high resting heart rate by 13 percent.

45

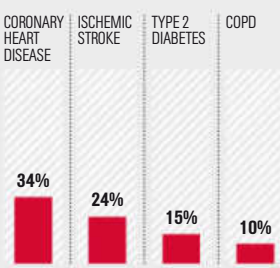
PERCENTAGE OF MEN WHO (INCORRECTLY) BELIEVE THEY CAN TRAIN THEMSELVES TO NEED LESS SLEEP

Source: The Better Sleep Council

Career Killers

Work stress can leave you disgruntled *and* deceased, a U.K. study found. Don't die at your desk: Use this issue's guide to busting stress.

Increased Risk from Job Strain



Source: *Current Cardiology Reports*

"SIRI, AM I DEPRESSED?"

It's the new mood ring: **Your phone could tell you if you're clinically blue,** a study from Northwestern University reveals. The more time people spent using their phone, the greater their odds of depression. They may be relying on the device as a way to withdraw, the scientists say. Sound like your MO? Find a counselor at locator.apa.org.





DON'T TOUCH THAT!

WINDSHIELD WASHER FLUID

Clean glass could endanger your ass. Arizona State researchers who sampled washer fluid reservoirs found high levels of *Legionella*, bacteria that can cause a serious form of pneumonia. The vapor from tainted fluid could enter your car's air vents and then your lungs. Use a solution with methanol; it has antibacterial properties.

All Bulletins: Megumi Emoto/Anderson Hopkins (prop styling). MICHAEL BRANDON MYERS (icons); previous page: Sarah Francavilla/Haley Resources (makeup); this page: lassedesignen/Shutterstock (phone)

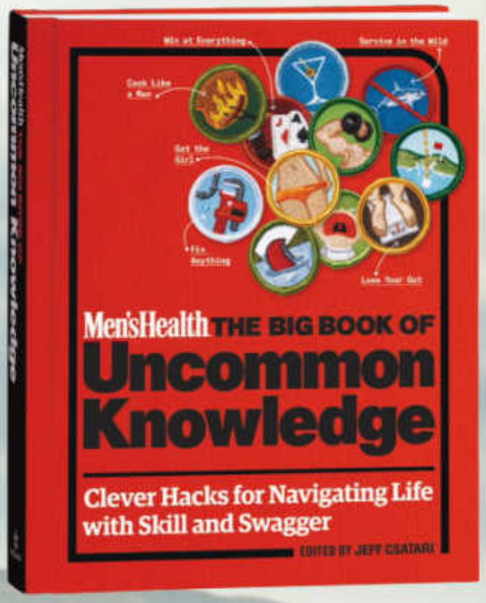

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Don't let your workouts get stuck in the Arnold Age.

New Science of Swoll

Bodybuilders are notorious for using extreme methods to get ripped. However, emerging research shows that **not all traditional body-building principles hold up to scientific scrutiny.**

"The average guy who just wants to get bigger and more defined doesn't have to be so meticulous," says Brad Schoenfeld, Ph.D., an exercise scientist at Lehman College. So ditch your old bro-wisdom for these cutting-edge strength principles (see chart at right).

1

MAX WEEKLY WEIGHT LOSS (IN POUNDS) THAT PROMOTES FAT LOSS AND ENSURES MUSCLE RETENTION

Source: *Journal of the International Society of Sports Science*

OLD SCHOOL	NEW RULE
The muscle-growth zone is 8 to 12 reps.	Mix it up! A combo of low (3 to 5), medium (6 to 14), and high (15+) reps is most effective.
Hitting each body part hard once a week yields best results.	Working your muscles at least three times a week leads to greater size gains.
Every set should be performed to failure.	Leaving 1 rep in the tank for most sets builds you up and prevents overtraining.
Doing cardio on an empty stomach burns significantly more fat.	You burn equal fat whether you're fasted or fed, so fit in your cardio when you can.
To get ripped, you must eat six or more small meals a day.	Whether you eat three squares or six, just be sure to nail your protein and calorie goals.
Load up on every muscle-building supplement.	Caffeine, beta-alanine, and creatine monohydrate are your best bets for muscle growth.

One Thing Arnold Did Right

No, not the steroids. We mean the Arnold Press, a shoulder press variation credited with giving him the hulking, chiseled shoulders that helped him win seven Mr. Olympia titles. The move was developed to boost muscle activation in all three "heads"—front, middle, and back—of your deltoids. The next time you train, do it in place of your usual shoulder exercise.



Stand holding a pair of dumbbells in front of your shoulders, your palms facing your body and your elbows in tight to your sides. Brace your core (imagine you're about to take a punch to the gut) and slightly squeeze your glutes.



Push the dumbbells straight overhead while slowly rotating your palms. At the top, your arms should be completely straight and your palms facing forward. Pause, and then slowly rotate the dumbbells back to the starting position.

George Butler/Contact Press Images (Schwarzenegger), MICHAEL BRANDON MYERS (icons), ARTHUR MOUNT (illustrations)

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Eat the Heat, Beat the Reaper

A little fire in your belly is good for you: According to researchers in China, **eating spicy foods may help you live longer.** People who reported eating hot stuff three or more days a week were 14 percent less likely to die in the next seven years, the study found. The possible reason: Capsaicin, the key source of the peppers' heat, may help regulate cardiovascular function and metabolism, protecting against heart disease and diabetes.

DYNAMIC DUO

EGG + RAW VEGETABLES

Eat your produce with huevos and absorb three to eight times the disease-fighting carotenoids, an *American Journal of Clinical Nutrition* study suggests. The authors say the fats in egg yolks help your body digest carotenoid compounds. Top a salad with hard-boiled eggs, or stuff an omelet with diced peppers and tomatoes.

Burn After Reading

Turn up the heat and help your health by dousing your dinner with this capsaicin-packed hot sauce from Troy Guard, chef and owner of Denver's TAG Restaurant Group. Serve on tacos, scrambled eggs, or chili.

COLLECT THESE



2 CUPS WATER + 1 CUP WHITE VINEGAR + 10 JALAPEÑOS, DICED + 1 PEELED GARLIC CLOVE + ½ TSP KOSHER SALT

DO THIS

1. Combine all the ingredients in a medium pot and boil for 5 minutes.
2. Remove from heat, allow to cool, pour into a blender, and buzz until smooth.
3. Strain through cheesecloth or a fine-mesh sieve into a lidded vessel.

TWEAK IT

Desire more fire? Fan the flames by adding 1 or 2 habanero peppers.



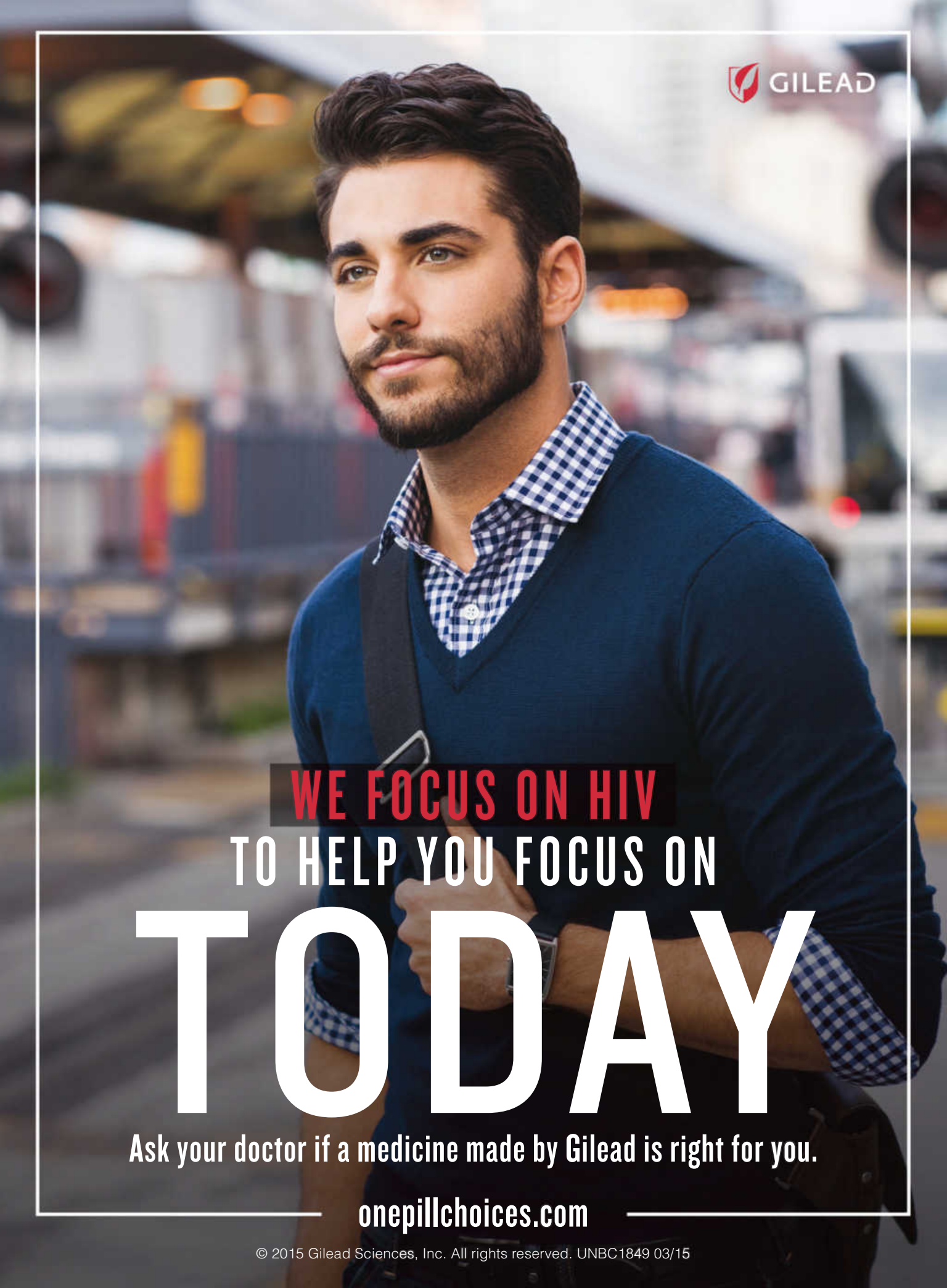
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PERCENTAGE DROP IN THE ODDS OF LARYNGEAL CANCER AMONG FOLKS WHO CONSUMED THE MOST LYCOPENE (SO EAT MORE TOMATOES AND GRAPEFRUIT!)

Source: *Cancer Epidemiology, Biomarkers & Prevention*

Brett Kurzweil/Art Department (food styling); ARTHUR MOUNT (illustrations)

EDITED BY LILA BATTIS



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Feed Her Libido

Order appetizers; skip the entrée. **Women may be more responsive to romance when they're slightly full,** according to research from Drexel University and the University of Pennsylvania. Scans of women's brains showed that the regions associated with motivation, reward, and romance responded more to intimacy cues after the women drank a 500-calorie shake than when they were hungry. "Feeling stuffed doesn't make people feel sexy," says study author Alice Ely, Ph.D. "This state of being sated without physical discomfort may be a sweet spot." So take her out for tapas; then head to your place and skip right to dessert.

WEIRD SCIENCE THAT WORKS

The Finding In a Turkish study, romps in the sack relieved stones in the ureter (kidney-to-bladder tube) in 84 percent of men. (Meds worked for 48 percent.) Sex may stimulate nerve endings that relax the ureters so stones can descend to your bladder. **Apply It** Three or four weekly sex sessions cleared stones for many guys in two weeks. In agony? See a doc, stat.

13

PERCENTAGE OF 35- TO 44-YEAR-OLD WOMEN WHO'VE HAD A SEXUAL RELATIONSHIP WITH A MAN FIVE YEARS THEIR JUNIOR

Source: *Journal of Marriage and Family*

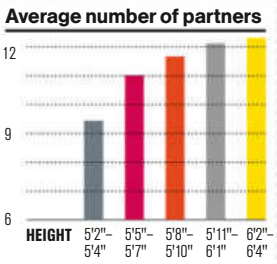


TAME YOUR TIGER

Fretting about premature ejaculation? Oh, come now. A Valparaiso University study suggests that **men with PE can be hard on themselves, which makes the problem worse.** The causes of PE are not well understood, and that lack of info can be frustrating. Talking about your anxieties can help, the study authors say; partners see this as a sign of courage.

The Height Report

New research supports the theory that women prefer taller guys; the greater the stature, the more sexual partners men had.



Source: *Experimental Psychology*

From left: MARLEY KATE; iStockphoto

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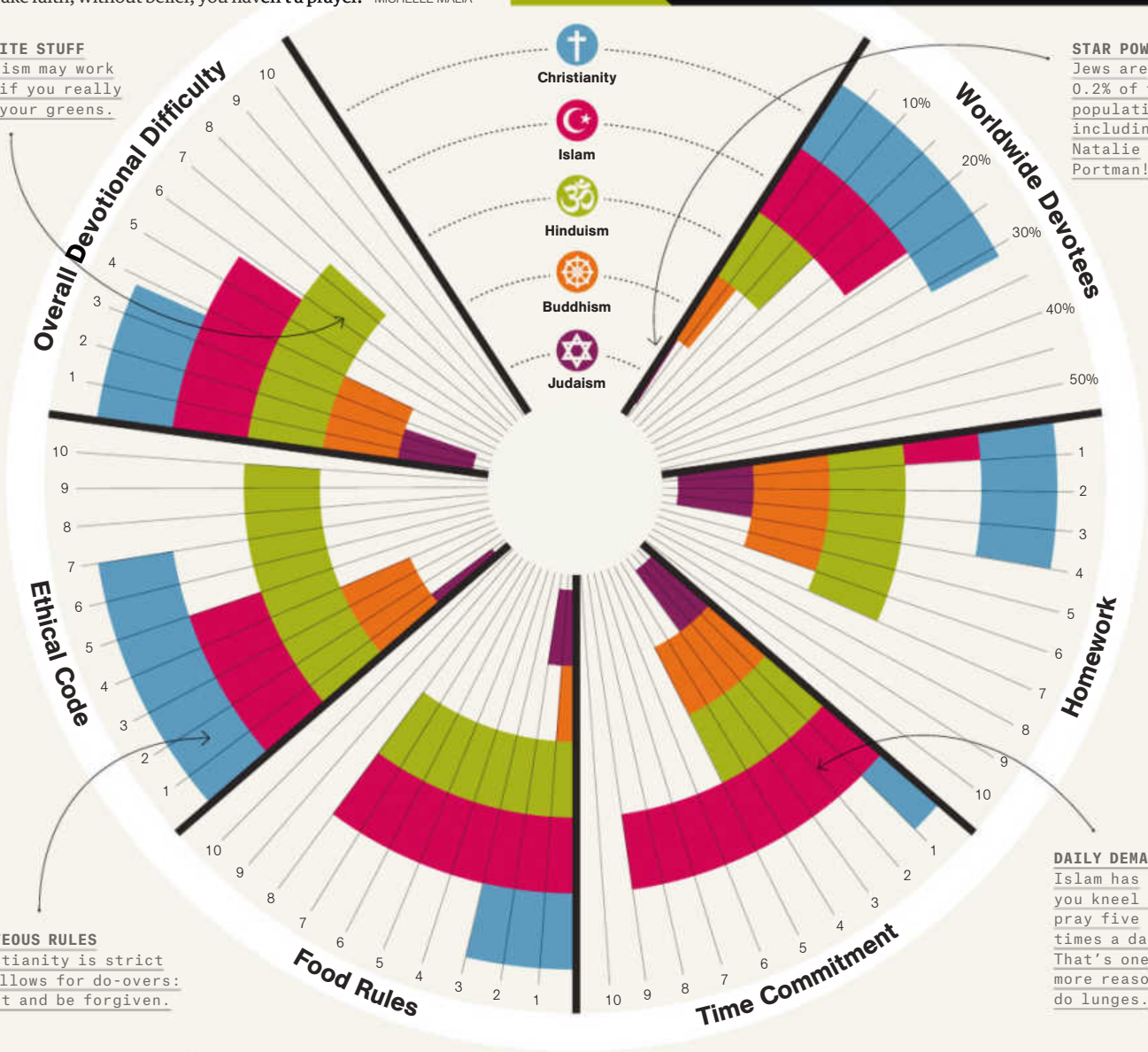
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Uncommon Knowledge

THE INSIDER'S GUIDE TO EVERYTHING

Life Everlasting: A Shopper's Guide

Want to send your life into OT? Then take a knee every Sunday. "People who are religious and attend at least one faith-based event a week seem to live years longer than the less devotional," says Harold G. Koenig, M.D., director of the Center for Spirituality, Theology and Health at Duke University. One theory: Having faith may enhance mental, social, and behavioral health. Need a miracle? We've ranked the perks and pitfalls of five religions. But you can't fake faith; without belief, you haven't a prayer. —MICHELLE MALIA



THE RITE STUFF
Hinduism may work best if you really love your greens.

STAR POWER
Jews are 0.2% of the population—including Natalie Portman!

RIGHTEOUS RULES
Christianity is strict but allows for do-overs: Repent and be forgiven.

DAILY DEMANDS
Islam has you kneel to pray five times a day. That's one more reason to do lunges.

CHRISTIANITY
You need to know the Bible (Old and New Testaments) and worship on Sunday. During Lent, Catholics skip meat on Fridays. (You can always go Protestant.) Have faith in Jesus and follow the Ten Commandments—no ogling your neighbor's wife.
Bonus: A big day of presents!

ISLAM
Read the Koran and pray five times every day. No pork or alcohol, ever. During the month of Ramadan, you can't eat or drink until after sunset. Follow the Five Pillars of Islam, which involve a pilgrimage to Mecca, praising Allah, and giving charitably.
Bonus: Breaking fast is tasty.

HINDUISM
You should read the Vedas—all four books. Daily rituals include bathing and marking your forehead. The concept of karma automatically turns most followers into vegetarians. Stick to the Five Tensile Strands, including daily practice and devotion.
Bonus: Reincarnation. Whoa.

BUDDHISM
Try to squeeze in the Tibetan Canons (all 67,512 pages of them). Daily chanting and meditation are a thing. Meals are contemplative, and vegetarianism is common. Buddha's Five Moral Precepts prohibit lying, sexual misconduct, and drugs.
Bonus: Nirvana, baby!

JUDAISM
Plow through the Torah (five books), pray three times a day, avoid pork, and (if you're strict) eat kosher. Yom Kippur requires a 25-hour fast. Abide by the 13 Principles of Faith, which cover how Yahweh is omniscient, prophetic, and generally awesome.
Bonus: Kugel! Latkes! Gelt!

EDITED BY BEN PAYNTER / INFOGRAPHIC BY ARNO GHELFI

Uncommon Knowledge

30-SECOND PEP TALK

Bitches Brew, our imperial stout, was inspired by the Miles Davis album. I asked Davis's nephew what advice his uncle would give about creativity. He told me: "Miles always said, 'Don't play what's there. Play what's not there.'" The lesson: Try to uncover the holes and opportunities that others haven't found and zero in on them.

—SAM CALAGIONE, FOUNDER/PRESIDENT, DOGFISH HEAD CRAFT BREWERY

MONTHLY METRICS



Screen Savior
82% of adults say people focused on their smartphones are conversation slayers. Your holiday rules: Taking photos? That's fine. Texting or surfing? Big failure.



Cat Scan
45% of all Web traffic is pet related. More of a dog dude? Watch cats anyway: Viewing frolicking felines reportedly gives tired viewers an energy boost.



Good Gift Graces
80% of people prefer to be thanked in written form. But this year, go old-school. Most folks would rather receive handwritten gratitude than a text or email.



Rings True
16% of marriage proposals are in December. Whether it's now or later, ask her parents' permission first. It's only proper; 77 percent of guys still do that.

Sources: Pew Research Center, *Computers in Human Behavior*, AYTM, WeddingWire.com, The Knot



ILLUSTRATIONS BY MICHAEL JACOBSEN

From top: Masterfile Royalty Free; iStockphoto. Vasiliki Varvaki/Getty Images; iStockphoto

MALE COMPLEX

The Crazy Bastard Career Plan

Want to win friends and influence people at work? Show 'em your balls. "A guy with no fear is a major threat as an enemy and a valuable asset as an ally," says Daniel M.T. Fessler, Ph.D., director of UCLA's Center for Behavior, Evolution, and Culture. Fessler's "Crazy Bastard Hypothesis" posits that our primal wiring makes us give more respect to men who energize us and our modern tribes. Follow these three steps to harness Fessler's theory in your own life.* —LAUREN DEL TURCO

STEP 1
Choose Your Stunt

Earning maximum respect for a risky move is about more than just showing off your safety gear. "A crazy bastard sends out what's called a compound signal," Fessler says. That vibe says he's not only fearless but also seriously skilled. Forget bungee jumping—that only proves how well you're tethered. Master an extreme sport that calls for some skill—say, downhill mountain biking, black-diamond skiing, rock climbing, or even pilot lessons. The message: You're gutsy and in control.

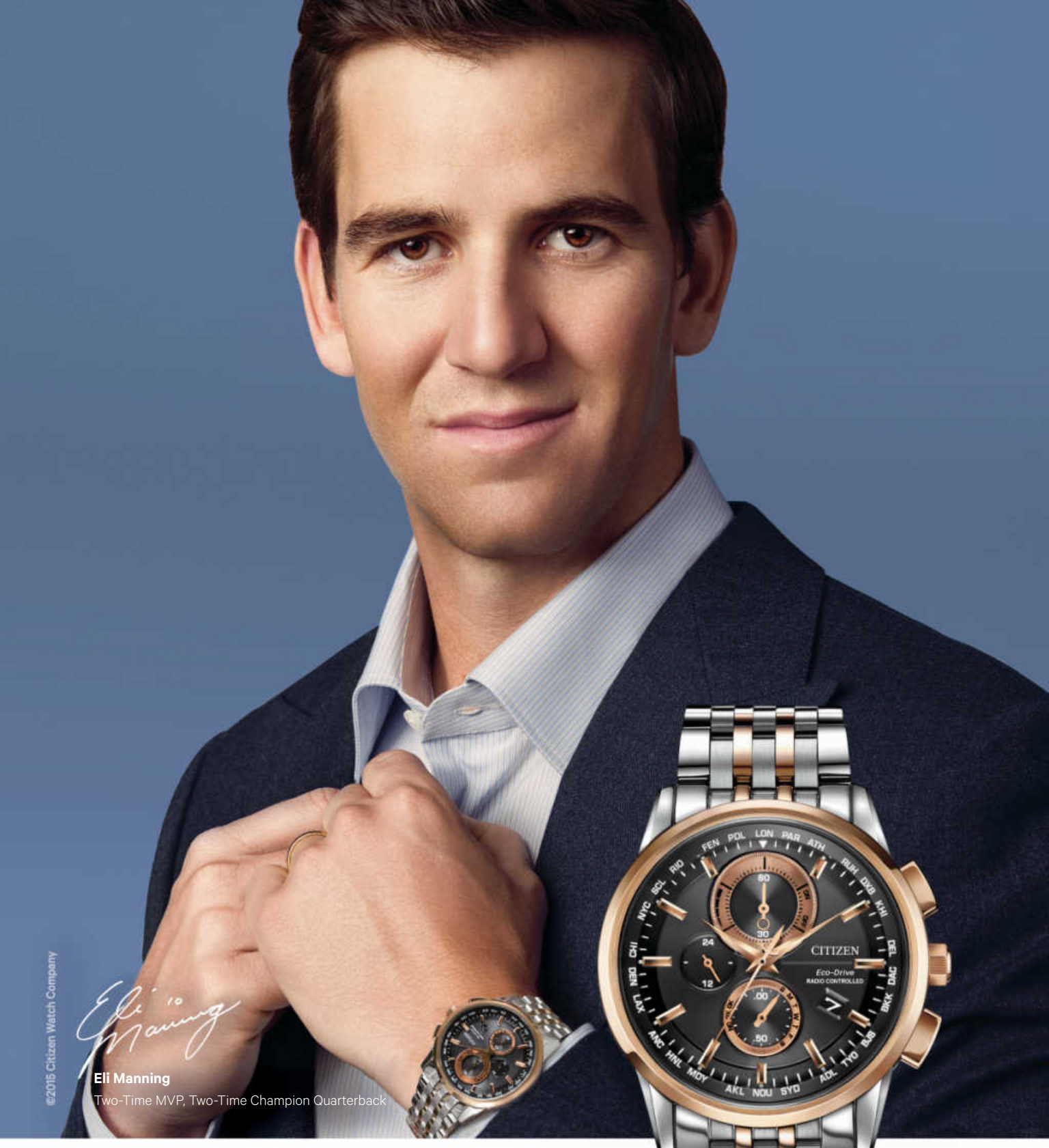
STEP 2
Share Highlights

After finding your niche, you'll want to telegraph your wild side—but smartly. If you act self-aggrandizing, you look less like a potential ally than a threat, Fessler says. (Or an injury risk. You sought proper training for your escapades, right?) When asked about your weekend, go with the humblebrag: Work in an offhand remark about the awesome views your thrilling endeavor provided. Make a slideshow of those views for your desktop, but keep the knucklehead pics off Instagram or Facebook.

STEP 3
Spin Your Failures

Men who drive fast would be considered crazy bastards, says Fessler. But those who get caught will be held in less regard. "Yes, a $200 ticket signals that a risk was taken, but it also indicates sloppiness or recklessness," he says. So whether the risk happens during sports or in a sports car, share only successes. Consider any bruises (or door dings) badges of honor. Hospital stays or massive fines? Not so much. Flubs ruin the message that you're brave *and* competent.

*Of course, don't be dumb and put yourself in real danger.



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WHAT IF YOU ACTUALLY...

Stopped Complaining for a Week?

People—okay, women—complain about my chronic griping. Work. Computer crashes. Global warming. WTF? But here's an idea: What if I quit bitching cold turkey? Would the world suddenly go all rainbows and unicorns?

On a recent Sunday night, I resolved to find out. I vowed not to complain for an entire week. And I was pretty sure it was going to suck. You know, if I were still complaining…

By 10 a.m. Monday, my dog had peed on my floor and my supervisor stuck me with two months' worth of work to do in two weeks. I couldn't take it. I needed a loophole or I was going to explode.

My fix: Write down my beef and email it to myself. But as my wife and I watched TV before bed, I was still catching up on those emails. She eyed me suspiciously.

"Who do you keep writing to?" she asked, in a tone that made it clear she suspected an affair.

The next day, some assface in a Hyundai cut me off as I drove my daughter to daycare. I had to fight the urge to honk and give him the finger. On Wednesday afternoon, some millennial dominated the lat pulldown machine for 3 sets of 20 without even checking behind him. That seemed ridiculous, but I smiled and whispered, "Namaste."

My true proving ground for politeness came on Thursday night, at a party with some former colleagues. There I spotted a guy who'd fired me a few years ago. Despite having an obscenity-laden speech memorized for this very moment, I kept my distance and continued the clichéd small talk.

My reward? My wife told me that my newfound restraint was oddly charming. And I was starting to feel that way too. Especially after Saturday morning, when she woke me up for a quickie.

Sure, life seemed good…that is, until I found out that my hijinks might be killing me.

Researchers in Germany have discovered that people who repress their feelings may have a higher risk of developing such ills as hypertension and cancer. "You pay a price for squelching your dissatisfaction," says psychologist Guy Winch, Ph.D., author of *The Squeaky Wheel*, a book about complaining smarter.

Turns out my instinct was right: Emailing beefs to yourself instead of vocalizing them is a coping technique that Winch recommends.

Ultimately, the act takes just enough time that I may learn to let the small stuff go. Besides, it tends to trigger screen ads about stuff that annoys you, so you automatically become more selective about your grumblings. Who can be bummed about that? —COREY LEVITAN



BODY BENCHMARK

Do You Have What It Takes to Be a Male Porn Star?

Having sex for a living sounds like every man's wet dream. But you need more than a stiffy and a silly porn name to land a spot on the casting couch. Male stars must be well endowed and complete a sexathlon of erotic feats on demand, says industry vet Adam Glasser, who runs the Seymore Butts production company. If you meet the five prerequisites below, Glasser says, it just might be time for you to nail your own role. —ERIC SPITZNAGEL

9
Minimum penis size, in inches, when erect

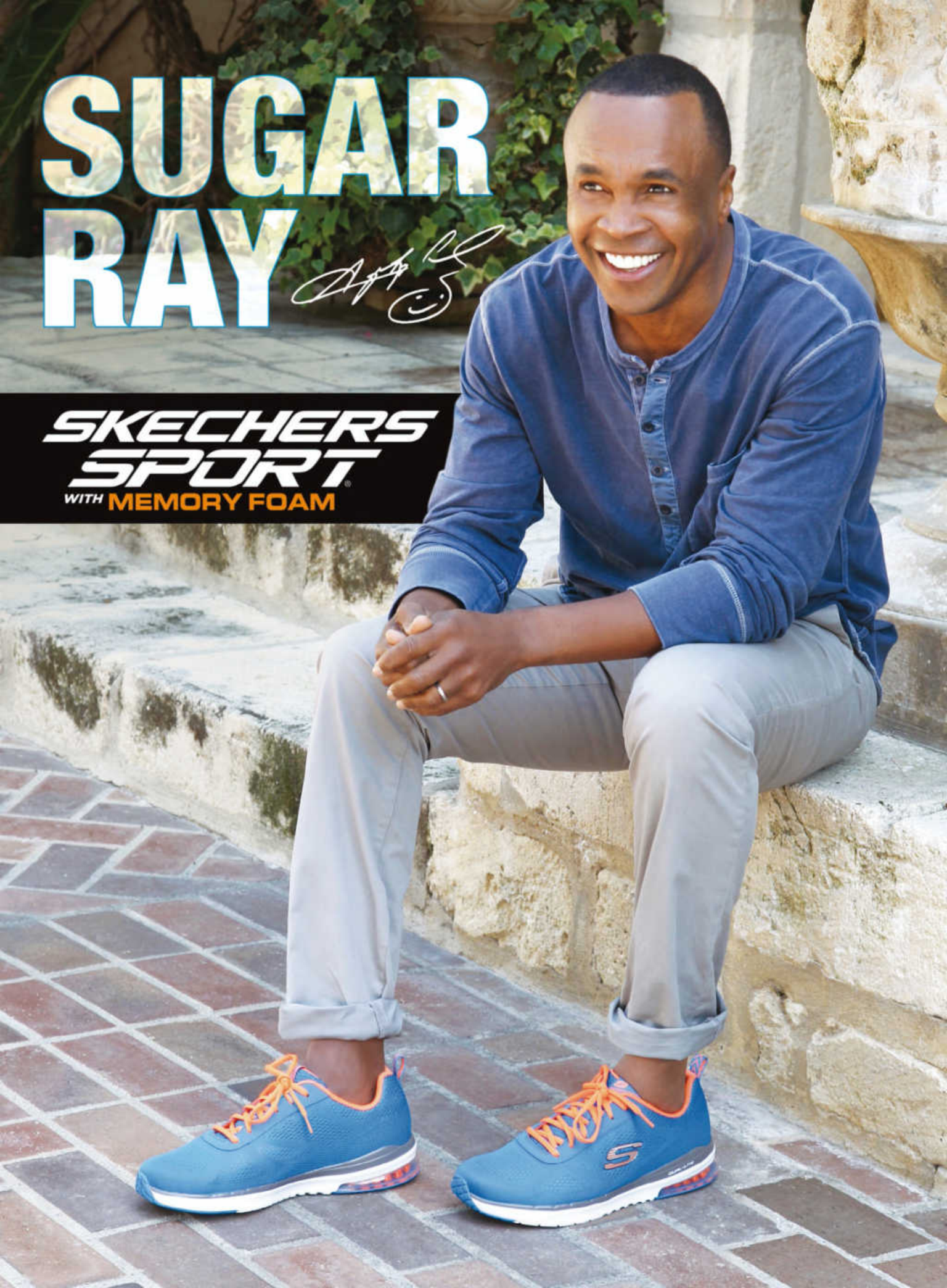
2
Maximum time (in minutes) to achieve erection

90
Minutes of continuous arousal during sex

4.75
Tablespoons of ejaculate per session

6
Distance (in feet) to ejaculate

Vladimir Salman/Shutterstock


SUGAR RAY
SKECHERS SPORT
WITH MEMORY FOAM

ODD NUMBERS Rockefeller Center's huge Norway spruce has sported LED bulbs since 2007. The U.S. Energy Department estimates that you could cut your tree energy bill from $10 per season to a mere 27 cents if you switch.



WEEKEND PROJECT

Trick Out Your Tannenbaum

You can do worse than display a fake Christmas tree. Even a real tree might not pull its holiday weight. For instance, if you don't water your tree adequately, the yule blaze could include your entire house. Enter your tree team: Bert Cregg, Ph.D., an associate professor of horticulture and forestry at Michigan State; Erik Pauze, head gardener at Rockefeller Center; and Denise Piccolo, a professional tree decorator in Manhattan. Heed their advice to avoid the mistakes of other saps. –LEAH POLAKOFF

Run the Lumber Numbers

Once you pick a room, check ceiling height. Your tree should come in 6" to 8" shorter, says Piccolo. That makes the most of your space and leaves room for a topper. Next, check the chart at right for a tree that meets your needs. Got it? Now gauge when to hit the lot by counting back four weeks from the date you want to repack ornaments—that's about how long a tree lasts before crisping, says Cregg. To avoid a pre-parched pine, loosely grab a branch and slide it through your hand. If needles fall, move on.

Take a Tree Stand

When your tree was felled, a sap seal formed over the wound. Problem is, this prevents it from absorbing water. Before you haul yours inside, saw ½" off the base, as straight as you can. If you're using a center-spike type stand, you'll need to drill a 9/16" hole straight up into the trunk. (Note to the not-so-handy man: Many tree sellers will handle that stuff for you.) The only other important spec is the stand's water capacity; a typical tree can guzzle a gallon a day. Fill 'er up and keep the firemen at bay.

String It Along

You've put the tree in the stand and tightened the side screws to keep it straight. Now trim before you trim. To keep the tree triangular, snip any sprigs spoiling that geometry. Start your lights at the bottom and be sure to cover the front *and* back for depth and brilliance. Work up and out, zigzagging around branches and occasionally tucking the string back in. Hang ornaments with balance in mind: Make sure each quadrant has some similarly sized and shaped adornments, Piccolo says. Tree-mendous!

THE SPECIES DECODER

Stumped? Conifer pro Bert Cregg, Ph.D., helps you see the trees for the forest.

	YOU WANT	ASK FOR
	Tall and thin with full well-spaced branches	Serbian spruce
	Short and squat with a fresh, lemony scent	Scotch pine or Douglas fir
	A pet-proof conifer your cat won't climb	Blue spruce—it's prickly
	A noseful of piney fragrance in your living room	Balsam fir
	Strong branches that hold up to heavy ornaments	Fraser fir or noble fir
	That bluish color and odoriferous citrusy scent	Concolor fir (a.k.a. white fir)
	A Rock Center giant to impress the neighbors	Norway spruce

Tree icons by HUBERT TERESZKIEWICZ


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GUY WISDOM

Jimmy the Bartender

Straight-up advice on women, work, and other stuff that screws up men's lives.

Should I worry that my girlfriend's always going out for drinks with her coworkers? PS: They're all guys.
LEONARD, CHARLESTON, WV

How the hell should I know? I don't know your girlfriend *or* her coworkers. Do you? But if she's spending as much time with the guys as you say she is, then don't sit at home worrying like a wuss. Next time, invite yourself along and see how she reacts. Maybe you'll make new friends. Once you get acquainted with her crew, you'll know whether to worry.

My dad still likes to shoot hoops with me, but he doesn't move like he used to. Do I school him, or take a dive? Either seems like a lose-lose.
DOUG, NEW YORK, NY

Think back, Doug. When you were a kid, you had no idea your pop was tossing bricks and letting you win. Why? Because you didn't know any better back then—but he does. If you try that stuff now, he ain't gonna like it one bit. The man's no fool. So play the game the way he taught you. And if you win, tell him you learned from the best. (Then gloat a little.) Maybe it'll remind him of the good old days and lessen the sting of being an old fart. Oh—and try not to hack your dad. It hurts more at his age.

I feel like a fraud with this Santa Claus shtick. My kid's 6. Can't I just tell him the truth?
CARL, LUBBOCK, TX

Fraud is Bernie Madoff and Charles Ponzi. Not Carl from Lubbock. And guess what? Kids figure out the Santa thing on their own. C'mon—one Rudolph, billions of rooftops? Round fella, skinny chimney? Sooner or later, these big fat holes in the story will dawn on him. But for now, your boy thinks the world is a magical place. If he questions you point-blank, go ahead and level with him. But if he doesn't? Play along. What's the harm? Take him to the mall to see Kris up close if that's what he wants to do. If you wreck the fun, he'll blame you. That'll hurt way more than another few years of make-believe.



Jimmy Calls Bullshit on… Working from Home

The other day one of my regulars comes in early. He hit a wall at work, he says. Figured he'd take a break. Then he drops this: "I'm working from home today. As long as I keep answering emails, nobody's the wiser." Sheesh! Of course he's drinking at 3 o'clock! Real players need face time with the boss. And the boss's boss. That's how promotions happen. This guy? He's going nowhere—except to the end of my bar. And I'm the only one cashing in.

While my neighbors were out of town, their 15-year-old son threw a big, rockin' party until 3 a.m. Do I tell them?
RICK, TULSA, OK

A good neighbor doesn't tell another man how to run his home. But he does alert him to unusual events. Is loud music at 3 a.m. common on your street? No? Then casually clue the parents in—without accusing their kid of being a screwup, even if he is. If you say nothing, they probably won't hold it against you, but they won't necessarily think highly of you either. Hell, you're doing the kid a favor here. Being considerate of others is an important lesson—and it'd be okay if he learned that the hard way.

I fooled around with a coworker on a business trip, and I'm worried my wife will find out. Should I fess up?
SAM, PITTSBURGH, PA

Walk into your coworker's office. Shut the door. Tell her it was a mistake—and say it like you mean it. It can't happen again. Now try to get a read on her: Does she agree? Has she blabbed? Will she? If she regrets it too, then you can shake on a vow of silence. But if she's casual about it or seems to think it's the start of an affair, then you're in a pickle, my friend. I'd come clean with the wife. You have better odds of dodging divorce if she hears it from you than if she gets the news from someone else. So, was it worth it?



OH-F@CK FIXES

SWEAR FIRST. THEN DO THIS…

Some moments you live for. Others you just want to survive intact. Our man manual, *The Big Book of Uncommon Knowledge* (out now!), can help you do just that.

OH F@CK You Just Whacked Your Thumb with a Hammer
THE FIX Raise the tenderized meat above your heart and squeeze the tip gently for up to 5 minutes. The elevation and pressure will discourage bloodflow to the area, reducing swelling, bruising, bleeding, and pain. Ice it if you can. Extra points if you can give anyone a thumbs-up afterward.

OH F@CK You Need Relief in the Backcountry
THE FIX Find a secluded area at least 200 feet from a water source. Use a sharp rock or stick to dig an 8-inch-deep hole. Now drop your drawers and assume a low surfer's squat, butt below your knees, your arms extended for balance. Clean up with broad-leaf greenery (but not poison ivy). Now buckle up and bury everything, including your shame.

OH F@CK You Have to Jump from a Second-Story Window
THE FIX Hang from the ledge so you're closer to the ground. Look for an awning, bushes, a vat of female mud wrestlers… anything to cushion the fall. Try to land on the balls of your feet. When you make contact with the ground, bend your knees slightly and use your hands to break the fall. Tuck forward into a shoulder roll. Say "Ta-da!"

Want more? Order the book! See the top of this page for info.

Jim Winters (Jimmy). Masterfile Royalty Free (hammer)

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Guy Gourmet

It's Turkey Day: Flip the Bird

You want grateful kin? Don't dehydrate the guest of honor in the hot box. Move your gobbler to the great outdoors. BY PAUL KITA

ROAST A TURKEY INDOORS AND YOU RISK FAMILY CHAOS, cramped oven space, and the skeptical eye of Great-Aunt Mildred. Smoke a turkey outdoors and you can enjoy crisp fall weather, a pumpkin beer or three, and plentiful opportunities for football tossing. "Smoking a turkey provides a complexity and depth of flavor that can't be achieved by roasting it in the oven," says Adam Cole, executive chef and pitmaster of Maple Block Meat Co. in Culver City, California. Cole's process involves a short shopping list and just two easy-as-pumpkin-pie steps. Gobble, gobble.

PHOTOGRAPHS BY SAM KAPLAN



Cut the Carving Knife
A boning knife can more precisely slice between joints and cut meat off the bone, says Jake Dickson of Dickson's Farmstand Meats in Manhattan.

Stuff You'll Need

2	TBSP BLACK PEPPERCORNS
2	TBSP MUSTARD SEED
2	TBSP CORIANDER SEED
1	GALLON WATER
1	CUP KOSHER SALT
¾	CUP LIGHT BROWN SUGAR
1	PINCH RED-PEPPER FLAKES
¼	CUP SLICED GINGER
	JUICE FROM 4 LEMONS, RINDS RESERVED
1	BUNCH THYME
1	WHOLE ORGANIC TURKEY (14 TO 16 LB), NECK AND ORGANS REMOVED
1	LARGE STOCKPOT
1	COOLER (30 QT)
6	LB ICE
1	HEAVY-DUTY TRASH BAG
1	LARGE DISPOSABLE ROASTING PAN
1	BAG PEACH, APPLE, CHERRY, OR PECAN WOOD CHIPS OR CHUNKS, SOAKED AND DRAINED

NUTRITION PER SERVING 532 CALORIES, 81g PROTEIN, 1g CARBS, 21g FAT

TIME NEEDED 1 HOUR TO PREP, 24 HOURS TO BRINE, 1 HOUR TO PREHEAT THE SMOKER, 5 TO 6 HOURS TO COOK

1

Ensure Epic Juiciness

Dry turkey never made anybody feel thankful. So brine the bird in a flavorful salt bath. The sodium alters muscle proteins so the meat holds more moisture. **HOW TO DO IT** In the stockpot over medium heat, combine the peppercorns, mustard seed, and coriander. Cook, stirring until aromatic, about 3 minutes. Add the water, salt, sugar, red-pepper flakes, and ginger. Bring to a boil and stir until the salt and sugar dissolve. Turn off the heat; add the lemon juice, lemon rinds, and thyme. Cool for 15 minutes. Add the brine to the cooler with half the ice. Pour the remaining ice into the trash bag and tie well to seal. Submerge the bird and set the ice bag on top. Shut the lid; brine the turkey for 24 hours.

2

Slow-Smoke the Meat

A whole turkey in the oven never cooks evenly: The breast is done before the legs are. Smoking it at lower temps takes time but coaxes each part to succulence. **HOW TO DO IT** Preheat your smoker or grill to a steady 250°F, with a constant flow of light smoke. Remove the turkey from the brine and pat it dry. Place it breast side up on the grate (over indirect heat if you're using a grill), set the roasting pan beneath it, and close the lid. Smoke the turkey until a meat thermometer jabbed into the thickest part of the thigh reaches 165°F, 5 to 6 hours. Using meat forks or tongs, carefully transfer the turkey to a large cutting board to rest for 30 to 45 minutes before carving. *Makes 12 servings*



LEAVE NO REMAINS
Try this day-after turkey hash recipe from John Stage, founder of Dinosaur Bar-B-Que. Mince 1 medium seeded poblano pepper, 1 onion, and 3 garlic cloves. In a skillet on medium high, heat 2 Tbsp canola oil and add the vegetables along with salt and pepper. Lower the heat to medium and cook, stirring often, till the vegetables soften, 8 to 10 minutes. In a medium bowl, mix 1 pound shredded turkey, 3 cups leftover roasted potatoes, ¼ cup BBQ sauce, and the vegetables. Make 6 patties; dust with flour and cook in the pan till crispy, about 5 minutes per side. Top each with a fried egg. *Makes 6 servings*

WHICH BIRD TO BUY?

You have three options, according to the new cookbook *Eat Clean, Stay Lean* (Rodale).



NOT CLEAN
CONVENTIONAL WITH ADDITIVES
Many poultry processors inject their birds with a solution that may contain added salts, coloring agents, and flavor boosters. Avoid turkeys labeled "basted" or "self-basted."



CLEANER
CONVENTIONAL WITHOUT ADDITIVES
No added flavorings here, but farmers often give their turkeys antibiotics. These birds eat a nonorganic diet and are frequently raised in cramped conditions.



CLEANEST
ORGANIC WITHOUT ADDITIVES
You'll avoid antibiotics and pesticides (from the nonorganic feed conventional turkeys eat). "Free range" or "free roaming" turkeys are an added plus but hard to hunt down.

Food styling: Brett Kurzweil/Art Department, prop styling: Linden Eilstran; illustrations by MUTI

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Gain flavor (and save time) by making these sides a day ahead.

The MH Fast Foodie™

4 Perfect Side Bets Your turkey needs a talented supporting cast.



REALLY WILD RICE SALAD

Cook 1½ cups of wild rice following package instructions. In a big bowl, whisk a glug of olive oil, a hit of cider vinegar, a spoonful of grainy mustard, and a drizzle of honey. Add the rice; toss. Fold in 2 handfuls each of dried cherries and chopped toasted pecans plus 4 chopped celery stalks (with leaves). Season with salt and pepper.

PREP TIME 24 MINUTES
FEEDS 6 / **PER SERVING** 275 CALORIES, 3g PROTEIN, 24g CARBS (5g FIBER), 20g FAT



CRANBERRY SAUCE, ONLY SAUCIER

In a medium pot, dump in a 12-ounce bag of frozen cranberries, 2 small handfuls of brown sugar, a handful of minced crystallized ginger, the juice of an orange, a spoonful of water, and a palmful each of orange zest and chopped fresh thyme. Boil, then simmer till the berries soften, 10 minutes. Mash with a fork. Reap the praise.

PREP TIME 19 MINUTES
FEEDS 4 / **PER SERVING** 166 CALORIES, 1g PROTEIN, 43g CARBS (4g FIBER), 0g FAT

GREEN BEANS WITH OLIVE TAPENADE

Fill your food processor with 1 cup pitted black oil-cured olives, a large handful of parsley, 1 garlic clove, a big spoonful of capers (drained), and a splash each of extra-virgin olive oil and red wine vinegar. Pulse everything to form a chunky paste. Toss the tapenade with 1 pound trimmed, steamed fresh green beans.

HOLY SH!T KITCHEN TRICK!
Slicing the stems off green beans is about as exciting as shopping for socks. Make it painless: Line up a pile of beans with the stems facing one way. Grab a handful and a pair of kitchen shears; snip in one fell swoop.

PREP TIME 12 MINUTES
FEEDS 6 / **PER SERVING** 278 CAL, 4g PROTEIN, 17g CARBS (5g FIBER), 23g FAT



NUTTY SHAVED SPROUTS

Empty a 16-ounce bag of shredded brussels sprouts into a large bowl; add a big glug of olive oil and a generous squeeze of lemon juice. Now gently massage everything with your hands. Throw in a large handful of roasted chopped hazelnuts and a snow squall of grated Parmesan. Season with salt and pepper to taste.

PREP TIME 6 MINUTES
FEEDS 4 / **PER SERVING** 213 CALORIES, 10g PROTEIN, 13g CARBS (6g FIBER), 16g FAT

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Food styling: Brett Kurzwell/Art Department; prop styling: Linden Eilstran. Nutritional analysis is based on approximate values.

PHOTOGRAPHS BY SAM KAPLAN


FIND WHO YOU
HAVE NOT YET
BECOME.
Toyota Corolla | toyota.com/corolla
TOYOTA
Let's Go Places
Options shown. ©2015 Toyota Motor Sales, U.S.A., Inc.

Apple's Next Big Thing

Sales of hard cider have been booming. Harvest the best.

BY BEN COURT



Serve cider like white wine: Remove it from the fridge 15 to 30 minutes before drinking.

Don't Settle for an Old Squeeze

Scan the label for the words "pressed from fresh apples." Of the 20-plus hard ciders we sampled, the ones that were made from fresh apples, not concentrate, tasted the most like a fine champagne. Testers noted that the concentrate-derived kind had a cloying, headache-inducing sweetness.

Let the Sweetness Stand Alone

Federal regulators give cider pressers a pass on nutritional info, so details are scarce. But it's not unusual for a mass-market brand to have 19 to 24 grams of sugar in 12 ounces. (That's the amount in three doughnuts!) Among ciders that list ingredients, look for ones without added sugars (e.g., sucrose).

Dodge a Vicious Calorie Hangover

We found that many larger producers' ciders have about 190 calories regardless of how sweet they taste. In dry, high-alcohol cider, more calories may come from alcohol than from sugar, says food scientist Gary Williamson of the University of Leeds. Bottom line: Go easy on the hard stuff.

MORE TEMPTING THAN EVE!

We tasted more than 20 ciders. Pick these.

CIDER BRAND	ABV	TASTES LIKE
Good Life Cider Cazenovia	8.3%	...A HARD-EDGED, ACIDIC WINE WITH A STRONG UNDERTOW OF BUBBLES.
2 Towns Ciderhouse Hop & Stalk	8%	...AN IPA MADE FORBIDDEN LOVE WITH A JUICY GALA APPLE.
Angry Orchard: The Muse	7.7%	...IT WOULD PAIR BEAUTIFULLY WITH CHEDDAR: TART, SWEET, BALANCED.
Seattle Cider Three Pepper	6.9%	...YOU SPIKED YOUR FAVORITE CHAMPAGNE WITH YOUR FAVORITE HOT SAUCE.
Crispin Cider Browns Lane	5.8%	...ITS BONE-DRY FINISH WOULD MAKE A SOLID TEAM WITH FISH AND CHIPS.

OUR EXPERT PANEL Gregory Hall, founder of Virtue Cider in Michigan; Dan Pucci, cider director at Wassail, a restaurant in NYC; Nat West, founder of Reverend Nat's Hard Cider in Portland, Oregon

Food styling: Brett Kurzweil/Art Department; prop styling: Linden Eastan

PHOTOGRAPH BY SAM KAPLAN

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WHAT ABOUT THE SIDE EFFECTS?
No, creatine won't hurt your kidneys. That's the consensus of reams of studies reviewed for a 2012 report in the journal *Amino Acids*. But it may have one positive side effect: Korean research suggests that creatine supplements may speed the effects of antidepressants when taken together with the medication. Experts speculate that ATP may keep your brain cells healthy. Talk about being a musclehead.

Digest This!

Creatine: Should You Take It?

Power your workouts by fueling up with this nutrient.

BY K. ALEISHA FETTERS

1/ What It Is

When you eat meat, your liver and kidneys take some of the meat's amino acids and make creatine. Your bloodstream then shuttles the creatine to your muscles, which convert it into creatine phosphate, a potent form of cellular energy, says Cleveland Clinic dietitian Kate Patton, R.D., C.S.C.S. Creatine supplements are often creatine monohydrate, which your body also converts into creatine phosphate.

2/ Why You Need It

The creatine phosphate in your muscles generates adenosine triphosphate (ATP), your fuel for explosive exercise. But you deplete your stores after just 10 seconds of sprinting or weightlifting, says Eric Rawson, Ph.D., C.S.C.S., an exercise scientist at Bloomsburg University. So more stored creatine phosphate means more power for growth-stoking reps.

3/ How to Consume It

If you do explosive exercise, take in 15 to 20 grams of creatine a day for five days to preload your system. Then, after this phase, consume 2 to 4 grams a day. To get there, you can either eat more protein (beef, pork, and salmon all have 2 to 3 grams of creatine per 8 ounces) or take a creatine supplement. This amount will maintain your creatine phosphate levels before and after exercise, Rawson says. Just be sure to consume the creatine with carbs, which help your muscles retain more of it.

ILLUSTRATION BY ZOHAR LAZAR





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Shed Your Winter Blues

That big, bulky jacket just gets in the way of looking great. It's time to give your style a breath of cool, fresh air. BY SANDRA NYGAARD

RAISE YOUR HAND IF YOU'VE EVER GONE INTO A BEDROOM to retrieve your coat at a holiday party and needed a CSI team to find it in a mini-mountain of black and navy wool. (Is that *my* stain?) "It's as if winter hardwires men to avoid risk, so they play it safe with the same old options," says Megan Collins, author of the men's fashion blog Style Girlfriend. But safe is a synonym for boring. "You can stay warm while adding a more dynamic layer that won't soon go out of style," she says. Find your new coat on the next few pages—and make your entrances more memorable and exits quicker.

PHOTOGRAPHS BY AARON RICHTER



1

Outstanding Overcoat

When you go out shopping in search of a new overcoat, remember to wear a sport jacket. That way you can make sure the coat has enough room to accommodate it (without being too loose, of course). To test for fit, raise your arms as if you're signaling a touchdown. Then sit down and try to lace up your shoes. If you can do both comfortably, you're golden.

PAIR IT WITH Denim or a five-pocket pair of cords (see right). Nothing brings a stuffy coat back down to earth better. New rule: You *can* wear white in winter. Breaking the traditional rules on color is audaciously cool. Own it.

PRO MOVE If you go with a peacoat or classic overcoat, you want buttons in horn, pewter, brass, silver, or gold. Or you can always hack it: "Have a tailor swap them in for the plastic buttons that came with the coat you bought," Collins says.

CWST OVERCOAT, $955
MICHAEL KORS PANTS, $125, AND TURTLENECK, $145
CROSBY SQUARE BOOTS, $425
EVERLANE BELT, $65
MIANSAI BRACELETS (ALSO RIGHT), $315 AND $135

MIX IN SOME MODERN WITH YOUR CLASSIC OVERCOAT

Try accents in colors that complement.



SCARF

WRAP STAR
Rich jewel tones, like burgundy, convey sophistication. And a nonchalant loop knot says "effortlessly hip." *Carhartt, $71*



DENIM

UP TO HUE
White too bright? Stay casual with medium-wash jeans. Dark denim or deep-hued corduroy classes it up a bit. *J Brand, $218*



KICKS

UNDERFOOT FLAIR
Step up the sleek with leather or suede chukka sneakers in a streamlined silhouette. (Hint: the opposite of gym shoes.) *Greats, $169*



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A thick tweed parka can be a perfect wrapper for a finely woven wool suit.

2

Power Parka

Think of a winter jacket the way you would a suit, suggests Ilaria Urbinati, a stylist who works with actors like Bradley Cooper and Chris Evans. Start with a tailored fit. "You want high armholes. Plus, it should be slim in the torso, slim in the sleeves, and not too long in the body," she says. "That'll keep you looking sharp."

PAIR IT WITH A tailored suit. Parkas aren't just for ice fishing. The right color and fabric can complement a dressier outfit. "If it fits well, a parka can look badass over a nice suit," says Urbinati. And a black or traditional wool option (like the one on this page) will go with items that are more form-fitting.

PRO MOVE The fur trim is often removable, but keep it fastened to the hood. "It makes the coat seem more luxurious," says Collins.

WOOLRICH COAT, $598
BANANA REPUBLIC SUIT, $568
VAN HEUSEN SHIRT, $50
ALEXANDER OLCH TIE, $150
JIMMY LION SOCKS, $14
CROSBY SQUARE SHOES, $395

CAP IT ALL OFF WITH THE RIGHT DETAILS

Stay warm and be cool with these smart winter accessories.



HAT

BREAK IT UP
A solid-color hat is as exciting as dirt. This heathered wool cap, on the other hand, has texture and interest. *Plac, $112*



WATCH

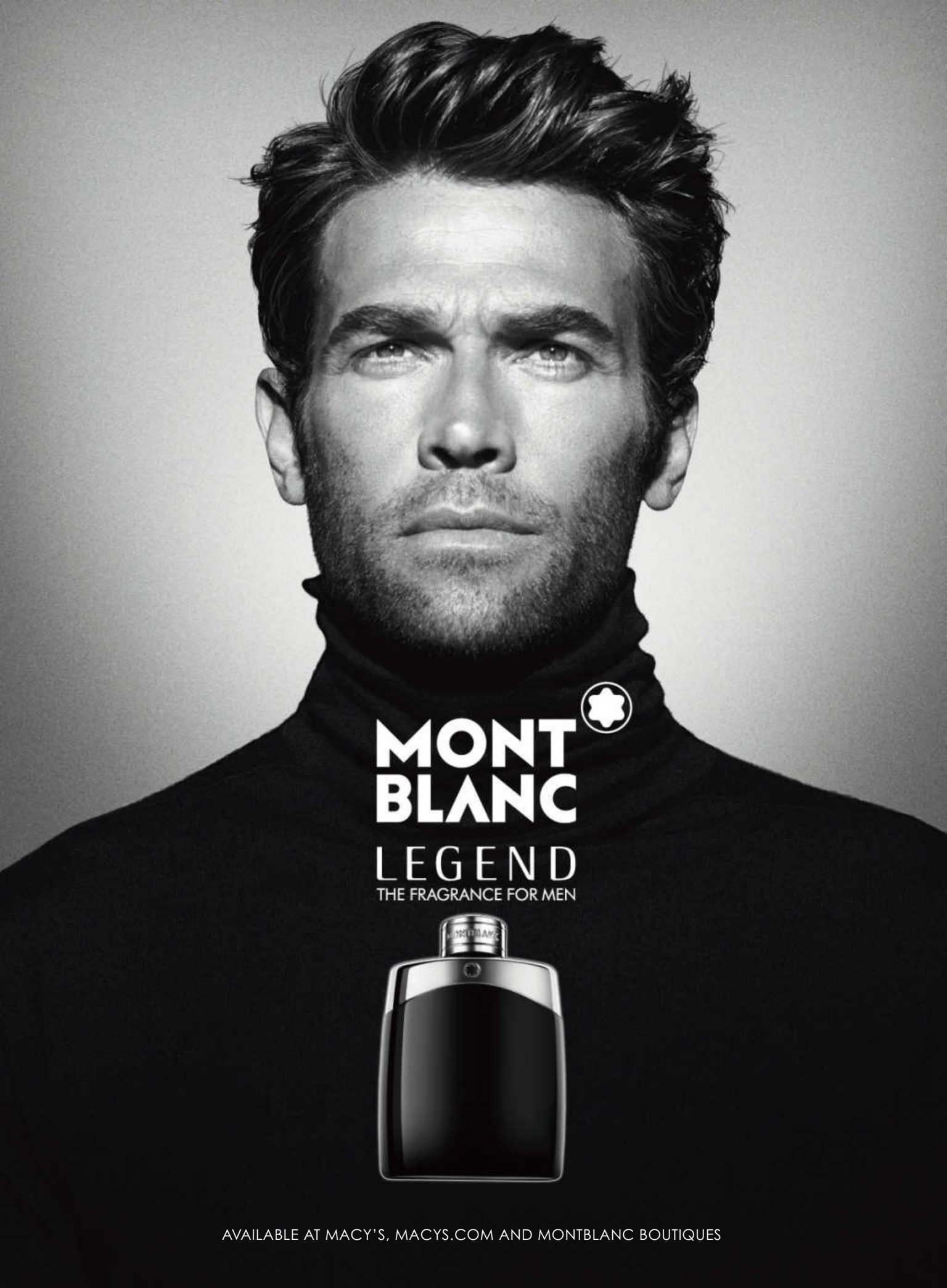
LET SIMPLICITY SHINE
Save your plastic tech watch for the gym. A rich leather strap and white face says clean, classic, and cosmopolitan. *Hugo Boss, $695*



DUFFEL

GRAB SOME GREEN
Brown and black are winter staples. This olive tone stands out without shouting as you stride through a crowd. *Coach Men's, $695*

Styling: Sandra Nygaard and Dan Michel; grooming: Ryutaro/Halley Resources


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LEGEND
THE FRAGRANCE FOR MEN
AVAILABLE AT MACY'S, MACYS.COM AND MONTBLANC BOUTIQUES

3

Refined Bomber

Because high-tech fabrics are more lightweight than ever, coats are slimmer now—and just as warm. "It should fit over more than just a T-shirt, but you don't need so much extra room that you wind up looking bulky," Collins says. A plush wool exterior and a shearling collar keep you cozy.

PAIR IT WITH Slim trousers. They'll balance the bulge of a bomber. (So no cargo pants.) Tailored wool pants and a patterned sweater pair nicely. You can also play it safe with jeans or chinos.

PRO MOVE Choose wool over nylon and suede over leather. "Texture is what really makes the jacket stand out," Urbinati says.

MICHAEL KORS BOMBER, $595
JOE FRESH SWEATER, $49
BANANA REPUBLIC PANTS, $99
THE FRYE COMPANY BOOTS, $348



PROTECT YOUR INVESTMENT

Your outerwear can last a lifetime, says fabric expert Arthur Anton Jr. of Anton's Cleaners in Massachusetts. Here's how.

Have It Cleaned. Stains attract moths and bugs while the coat is stored. A good dry cleaner can save it from holey hell.

Say No to Plastic. Storing your coat in a cleaner's bag leads to "fume fading"—the buildup of chemicals in dyes and fabrics that can cause colors to fade. Use a breathable garment bag.

Attend to Spills. Treat any salt or beverage splash immediately, before it sets. Blot the spillage with a dry cloth and then take the coat to a pro. (See above!)

Jogger-style pants are perfectly okay to wear with classic leather boots.

BREAK UP YOUR BOMBER

Combine practicality, panache, and attitude with a few simple, strategic acquisitions.



PANTS

UNCAGE THE BIRDS
By definition, camo blends well with its surroundings. So wear it often (this bird pattern is fly) and with anything. *Eddie Bauer, $100*



GLOVES

HELP YOUR HANDS
Text your date without freezing your paws off. When you're done, just pull up the warm, convenient mitten flap. *Banana Republic, $35*



BRIEF

MAKE A CASE
A bulky shoulder bag can sloppify your look. This slim leather attaché keeps it classy without the excess baggage. *Ernest Alexander, $325*

Illustration by MICHAEL SANDERSON

For more info on these items, **see page 127.**


UNWRAP A GIFT
EVERY MORNING
THE ART of SHAVING
NEW YORK
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Making Scents

Decode these 5 key ingredients to make sure you always come out smelling your best.

BY DAN MICHEL

YOU HEAR TONKA, YOU THINK TOY TRUCK— not the secret ingredient found in some of the world's most popular fragrances. Why know about the tonka bean, or any particular scent source, for that matter? Because every whiff tells a story—and the message you send on date night should be different from the one that wafts during a job interview. The variation between fragrances often comes down to a few key ingredients—five, to be exact. So knowing what to look for (and sniff for) is more important than ever. "Men's fragrances are starting to contain higher concentrations of these essential oils," says Elizabeth Musmanno, president of the Fragrance Foundation. "It's critical for men to know which ones suit them best." Overwhelmed with options? Relax, inhale deeply, and remember: five key ingredients. Use this guide to choose your fragrance wisely.



The tiger turns toward an alluring aroma. She will too.

●●●●● INTENSITY LEVEL

SANDALWOOD

This earthy, spicy wood is a safe, versatile ingredient because it plays well with nearly any vibe you're trying to pull off, from adventurous to sophisticated.

GIVENCHY GENTLEMEN ONLY CASUAL CHIC

●●●●●

This update to the clean, classy original Givenchy scent is now even lighter, making it a natural choice for your weekday go-to. *$85, macys.com*

ODIN NEW YORK
NO. 00 AURIEL

●●●●●

Potent and peppery, Odin's memorable scent contains a slight hint of patchouli. It's perfect for any night when you want to stand out. *$185, odinedt.com*

DIPTYQUE
OUD PALAO

●●●●●

The game changer: a rare Middle Eastern wood called oud. Its spicy, exotic scent will definitely leave a bold impression. *$145, diptyqueparis.com*



BERGAMOT

The peel of this green citrus fruit is light and refreshing, Musmanno says, so it won't overwhelm people. This is a good option for a more casual meetup.

HUGO BOSS
BOSS THE SCENT

●●●●●

Bracing and crisp, Boss's newest offering is strong without being too musky, and it has a seductive hit of ginger to lure people in. *$85, macys.com*

MALIN+GOETZ
CITRON VERT

●●●●●

A light, citrusy scent, it never overstays its welcome. Add a dab or two when you head out to a big interview—or an intimate brunch. *$150, malinandgoetz.com*

ERMENEGILDO ZEGNA
ACQUA DI BERGAMOTTO

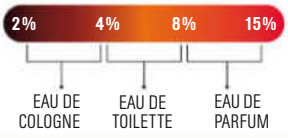
●●●●●

If you can't jet off to the Italian coast, at least you can pretend you're there when you wear Zegna's brisk, cosmopolitan fragrance. *$110, nordstrom.com*

THE FRENCH CONNECTION

Eau de toilette? No, it's not what you say in French class for permission to hit the bathroom. Phrases like these, commonly found on fragrance bottles, indicate the levels of essential oils found inside. Rule of thumb: More oil means the scent lasts longer. Less? It wears off faster. But even at the lower end of the spectrum, reapply no more than once a day.

PERCENTAGE OF OIL



ILLUSTRATIONS BY LISEL JANE ASHLOCK

WELCOME TO MY WORLD



In the lead role: John Travolta, movie legend and aviation aficionado. Guest star: the legendary North American X-15 that smashed all speed and altitude records and opened the gateway to space. Production: Breitling, the privileged partner of aviation thanks to its reliable, accurate and innovative instruments – such as the famous Chronomat, the ultimate chronograph. Welcome to a world of legends, feats and performance.

CHRONOMAT 44

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VETIVER

Derived from an East Asian grass that smells both sweet and smoky, vetiver has an invigorating aroma that sends a masculine message, says Musmanno.

DIOR
SAUVAGE

Dior's complex, spicy scent will add an element of intrigue to date night. A few drops can complement either a leather jacket or a fine suit. *$89, dior.com*

JO MALONE
154 COLOGNE

An earthy cologne that transforms over time. Dab it onto your neck and wrists in the morning and again before grabbing cocktails. *$125, jomalone.com*

TOMMY HILFIGER
BOLD

This sporty fragrance has subtle hints of fruit and grass that won't seem out of place at the office—or even in your gym bag. *$62, macys.com*



The natural world speaks with fragrance. You can too.

TONKA

Taken from the bean or leaf, tonka can add everything from a shot of spicy vanilla to smoky florals—warm notes that help you exude an easy confidence.

PRADA
LUNA ROSSA SPORT

Big week ahead? Wear this crisp, youthful fragrance and you'll come across as a man who's sporty yet refined. *$84, macys.com*

CALVIN KLEIN
ETERNITY NOW

What starts light and fruity turns soft and musky over time. Dab it on before a meeting and take your colleagues by surprise. *$76, macys.com*

VINCE
CAMUTO SOLARE

Try a touch of this bright, fun scent before heading out. The hit of mandarin sends a clear message that you're keeping it casual. *$75, macys.com*



LEATHER

It's warm and timeless, just like the jacket you've had since college. But unlike that old thing, guys of any age can wear this robust note to convey mystery.

ARAMIS
BLACK

A potent fusion of cognac and incense in this remix of the classic '80s scent will go far in heightening that first impression. *$70, macys.com*

JOHN VARVATOS
DARK REBEL

This unmistakably smoky, sensual scent is perfect for staying out past closing time. Apply just one spritz after you shower. *$86, nordstrom.com*

RALPH LAUREN
POLO SUPREME LEATHER

The warmth of this spice-packed, supermasculine option will make your significant other want to stay close all winter long. *$125, ralphlauren.com*

MH MUST-HAVE



BRACE YOURSELF

Your wrist is valuable real estate, so lay a solid style foundation. This brown cord bracelet adds a timeless, eye-catching punch of color. Wear it alone, stack it with other bracelets, or pair it with just a nice watch to let everybody know that you take yourself seriously—but not too seriously.

ZADEHNY.COM, $60

Photographs by MITCH MANDEL


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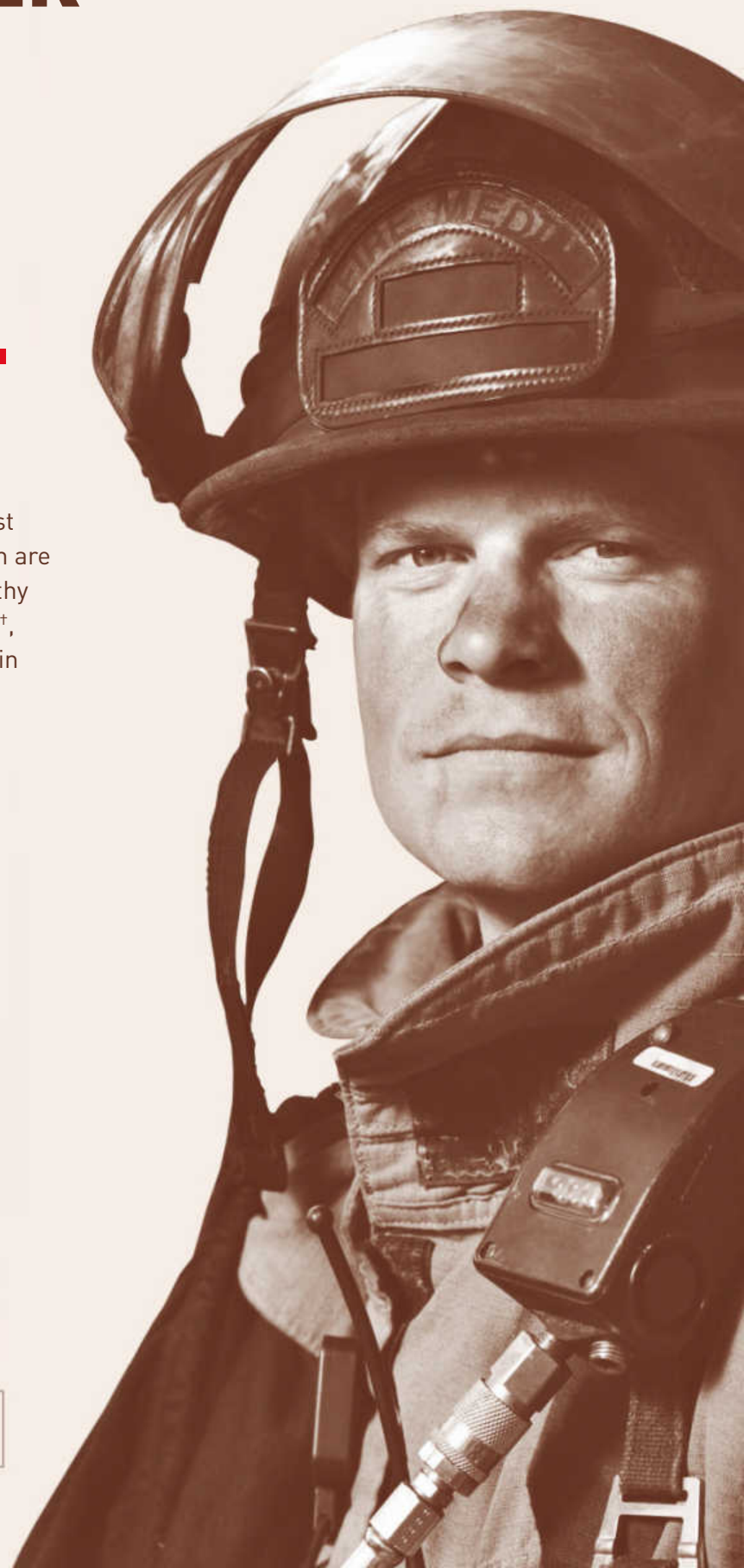


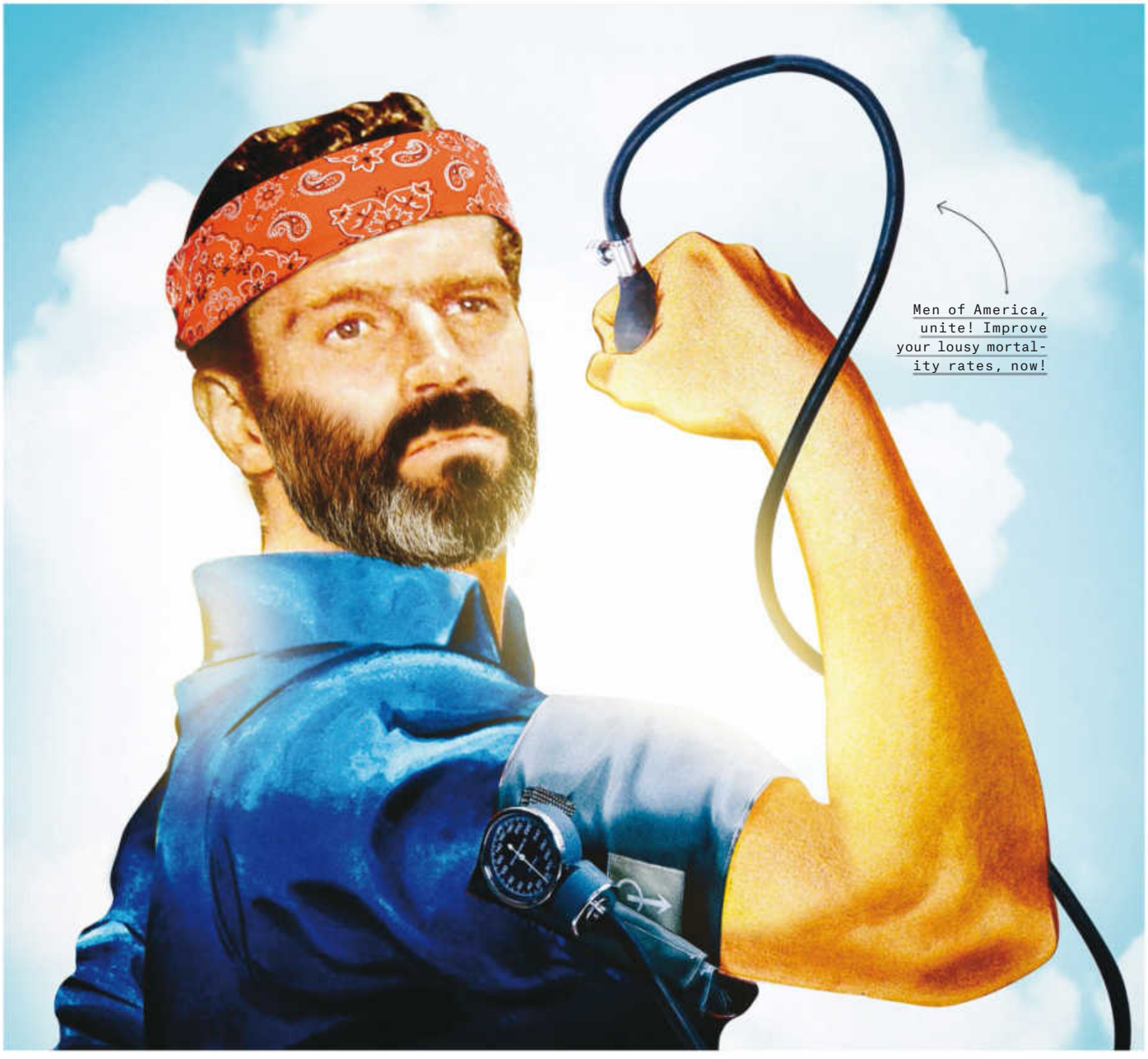
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Save the Males!

A half dozen federal agencies are dedicated to protecting women's health, while the health of men is virtually ignored. That double standard could kill you. BY PAUL JOHN SCOTT

HERE'S A REVEALING THOUGHT EXPERIMENT: TAKE ALL THE bad things that happen mostly to men and try to imagine how you much worse you would feel about them if they happened to women. What if women died five years younger than men did, for reasons that had nothing to do with biology and everything to do with neglect? What if women had higher death rates than men from nine of the 10 top causes of death, including cancer, heart disease, stroke, and lung disease? Wouldn't those sobering facts warrant the creation of a federal agency charged with reversing the trend?

ILLUSTRATIONS BY JESSE LENZ



THE ANSWERS, OF COURSE, are yes, yes, and yes. Yet if you flip the script so it's men holding the losing hand in the health game, those what-ifs go from hypotheticals to statements of fact. Men do die younger—and of almost every major sickness and trauma—than women do. But far from setting off alarms in legislative chambers, this grim data elicits only yawns. Of course men die younger and more violently. We just do.

"There is a popular perception that it's normal or natural for women to live longer than men," says Ron Henry, cofounder of the Men's Health Network, an advocacy group based in Washington, D.C. (MHN is not affiliated with this magazine, except for our shared mission.) "But once you start looking, you realize that there's nothing biological about men suffering premature death and disability."

According to CDC figures, the life expectancy of an American man in 1919 was 55.5 years, versus 57.4 for women. By 1979, both sexes lived longer (thank you, vaccines); however, the longevity gap between men and women had widened dramatically. Men's average life span rose to just over 70, compared with almost 78 for women. That's a fourfold increase in the female advantage.

"It's not because the DNA of either sex has changed," says Henry. "The things that protect us from dying have changed." That the longevity gap has closed to "only" five years today just means that it has gone from outrageous to downright unacceptable.

THERE ARE EVOLUTIONARY REASONS WHY MEN ARE FIRST INTO DANGER AND LAST INTO THE MOBILE MOLE-SCREENING LAB.

MULTIPLE AGENCIES ARE dedicated to protecting women's health, but barely a government-issued stapler is requisitioned on behalf of the health of men. It's fair to say that the physical well-being of men is a glaring societal blind spot—a casualty of outdated notions about gender roles and male privilege.

There are evolutionary reasons why men are first into danger and last into the mobile mole-screening lab. "Every society that survived did so by calling a boy a hero if he was willing to die—whether at war or at work—so others could live, even if he was a father," says Warren Farrell, Ph.D., author of *The Myth of Male Power*. "Therefore, any country's survival is in competition with its sons' health." Men, in turn, have internalized these lessons; as a result, they are less likely than women to have health insurance, develop a regular relationship with a doctor, or seek treatment for a condition.

Another common assertion—that all health research is men's health research because until recently, it was conducted by men—comes with an outdated view of health. It assumes that we are a collection of organs and nothing more, and that we are unaffected by the ways various cultural influences turn into risk factors. The lopsided mortality statistics suggest that men could use a lot of help with behaviors that are closely linked to gender.

Heck, even the Onion can see what's going on here. When legislators introduced a bill back in 2009 to create an Office of Men's Health—one of multiple attempts in 10 years—it was left up to the satirical website to voice once and for all the folly of masculine health fatalism in all its unadorned glory. "What do you think about an Office of Men's Health?" a fictional man on the street was asked. "Health is for women and children," came the sardonic answer. "I plan to live with chronic pain and die early of an easily preventable ailment, just like my father before me."

Advocates say blowing off the health of men is a luxury that society can no longer afford. Our poor longevity and heightened odds of addiction, self-harm, and committing violent crimes affect not only us but also the welfare of women and children and even the economy as a whole. See? You still have to make an argument about the care of everyone else in order to validate an upgrade in care for men.



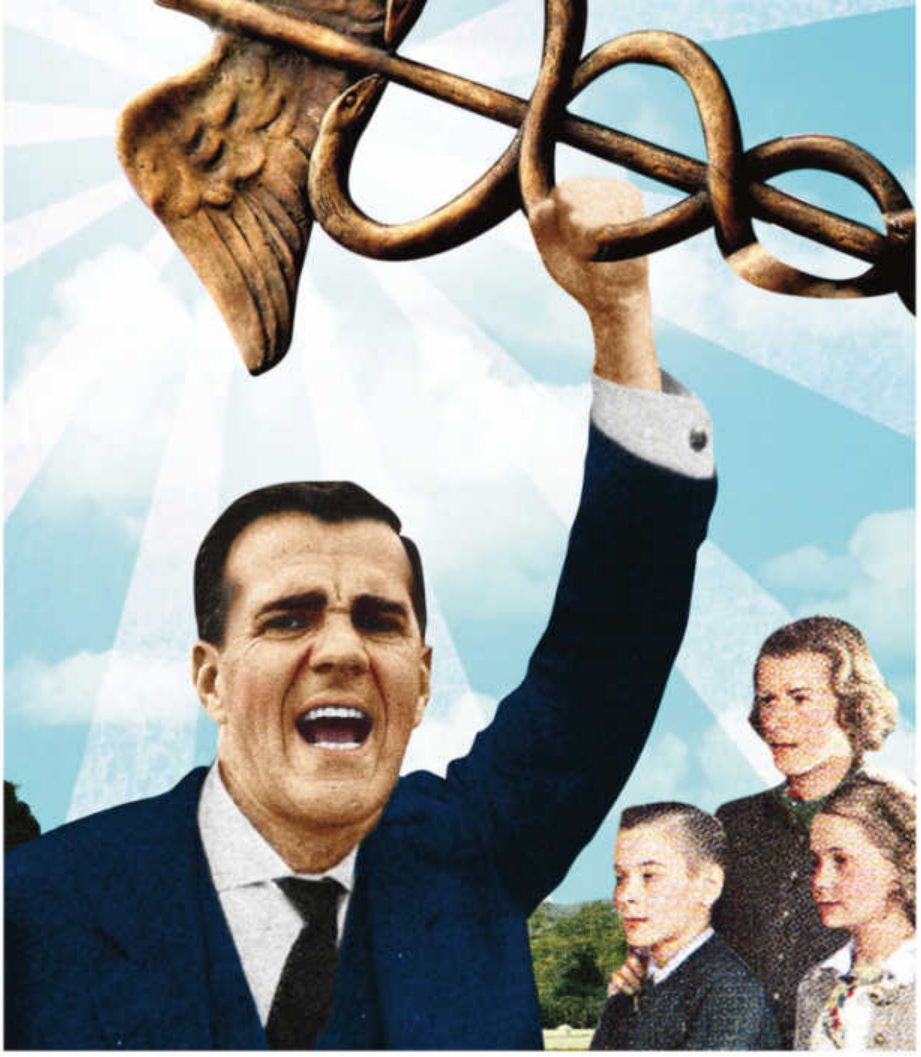
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ASKING FOR HELP WAS DEADLY FOR MEN. IT EFFECTIVELY TOOK THEM OUT OF THE GENE POOL.



GOOGLE THE PHRASE "office of women's health" and you'll discover pages of admirable URLs ending in ".gov." The main overseer of this lineup is the federally funded Office on Women's Health (fiscal year 2015 budget: $30 million), a decades-old entity with 10 regional offices serving all 50 states. The office was key to numerous women-helping provisions in the Affordable Care Act. And its efforts are complemented by a half dozen other federal entities dedicated to women's health, with taxpayer-funded and fully staffed civil servants working within the National Institutes of Health, the CDC, the Food and Drug Administration, and the U.S. Department of Veterans Affairs.

Now google the phrase "office of men's health." Your search will produce advocacy groups fighting for such an office, as well as niche outposts for men within the Office on Women's Health and the Indian Health Service, along with an awful lot of articles with the word "office" in the title from the magazine you are now reading. "What we don't really have right now is anybody in government who's paying attention to men as men," says Henry.

"It is so invisible that almost nobody brings it up in Washington," says Farrell, who has made multiple forays there himself, without much progress. "One perspective out there is that men run the world and they have everything already, so why would you want to take resources away from women?" says Farrell.

There are two arguments within that sentence, beginning with the idea that because the Capitol has a lot of urinals, the government doesn't need anyone to coordinate urology research and education.

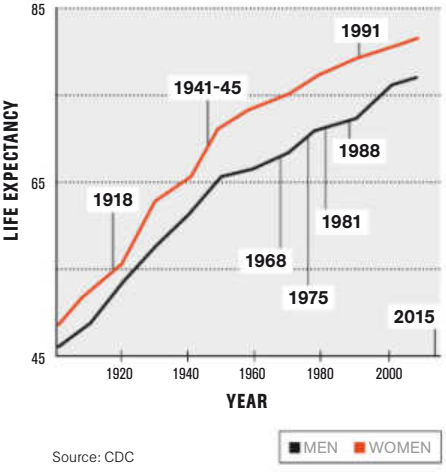
One gender studies expert, in dismissing the creation of the Men's Health Network back in '92, had this to say: "A men's health movement has about as much relevance as white liberation."

"The fact that 80 percent of senators are men doesn't do anything for the guy coughing his lungs out in a coal mine," counters Henry. Male power in Washington may actually be hindering the cause. "Guys basically have a protective instinct and are looking for ways to help women and children. So even though the Senate and House of Representatives are overwhelmingly male, they are still looking for ways to create women and children's programs but not men's programs," he says. You could note that women vote more regularly than men—hence the politicians' attentions. But should men be denied lifesaving research and care because they're less likely to show up in the polling booth?

Then there is the zero-sum position, the fading but extant reactionary notion that money directed toward the health of men is somehow funding taken from women. For men's health advocates, nothing could be further from the truth. "We've been working with the Office on Women's Health on programming for years," says Brandon Leonard, legislative director for the Men's Health Network. "We have had to

DEATH TRAP

The stats are stark, men. You're destined to die five years earlier than she is. Here's why.



Source: CDC

1918 Influenza torpedoes life expectancy by 12 years for men and women alike. Had your flu shot yet?

1941–1945 Up to 75 percent of soldiers light up free cigarettes sent to the troops. As if Germany weren't foe enough.

1968 Virginia Slims' lady cancer sticks debut. The mortality gap narrows as more women develop lung lesions.

1975 Mortality gap all-time high: 7.8 years. Blame heart disease and men's smoking, and the cancers it causes.

1981 The AIDS epidemic begins. It will become the second leading cause of death for men ages 25 to 44.

1988 *Men's Health* magazine debuts. Death rates decline among men and increase for women. Coincidence?

1991 The U.S. government establishes the Office on Women's Health. To this day, no such office exists for men.

2015 The death gap is still five years. The Office of Men's Health will have plenty to do.

—MELISSA ROMERO

explain to those outside the process that giving to one doesn't take from another. Having an Office on Women's Health has been extremely beneficial and we want to emulate its work."

Theories about the unique way men are wired—and short-circuited—may provide the best possible case for an office of men's health. The evidence suggests that men tend to naturally resist asking for help but will accept assistance from people they trust; yet health policies have tended to ignore this, and no public entity exists to coordinate the attitude shift.

Eric Bothwell, M.P.H., Ph.D., a public health advisor for the Men's Health Network, says that "for thousands of generations, serving frequently as warriors, men learned to trust only people in their own social network. Asking for help from strangers was often deadly, effectively taking these men out of the gene pool. We need to find ways to allow them to accept help instead of making them ask for it, because far more than women, they will not ask for it."

WHAT COULD A FEDERAL office dedicated to men's health actually change? "We've seen the impact of the Office on Women's Health," Leonard says. "It has coordinated targeted and effective messaging to women and driven campaigns around specific women's health issues." The numerous possibilities include messaging about men and food, men and work, and men's access to family leave. "I'd like to see an initiative that speaks to men in their own language," says nutrition expert John La Puma, M.D., the author of *Refuel*. In fact, the women's health movement has done a masterful job of mobilizing women on prenatal issues, paid leave after delivery, and breast cancer. It worked because women rallied around their causes. Men could too—with a little encouragement.

An Office of Men's Health could even inspire researchers and doctors to change the way people think of those predominantly male causes of death. Why, for instance, do we view suicide exclusively as a mental health problem or even a veterans' problem? Since the vast majority of suicide victims and veterans are men, couldn't we just as easily look at suicide as a men's problem?

"Four times more men than women take their own lives; yet suicide is still not recognized as a men's health problem and remains poorly funded in terms of research and interventions," says Bothwell. "Can you imagine a major cause of death that was four times greater for women and no one aggressively taking the issue to Capitol Hill to demand action?" Along with such predominantly male troubles as social isolation, economic struggles, and addiction, research suggests two other male risk factors for suicide: higher comfort levels with physical injury and more exposure to violence. Perhaps an Office of Men's Health would help target solutions within the gender that's more at risk.

The office could also take up violence as a health issue—even among its perpetrators, just as researchers look at pathogens to cure disease. "Suicide is largely ignored as a male health problem, and homicide, domestic violence, and sexual abuse, which are overwhelmingly perpetrated by men, are perceived as judicial problems rather than as male mental health problems," says Bothwell. "And while incarceration and women's shelters are important forms of 'damage control,' they are really not prevention, so these problems continue at a tremendous social and economic cost to society." As an alternate approach, he points to an intervention program within the Air Force to develop suicide-prevention training programs and remove the stigma attached to seeking services.

"They reduced suicide by 33 percent," notes Bothwell. "They also reduced severe domestic violence by 54 percent, homicide by 51 percent, and accidental death by 18 percent. From a broader perspective, it's evident that addressing these problems in men has huge significance to families and society overall."

But to pull that off, men will have to demand help for themselves. Or empower somebody to ask, even demand, on our behalf. So, into the lifeboats, guys. We've got to paddle like hell to catch up with the women and children—for their sakes, and for our own. ■



Support an Office of Men's Health (or Die Trying)

In 1994, *MH* readers helped us push Congress to launch National Men's Health week. Now it's time to petition the White House. Our grievance: federal indifference to your health. The death gap and the gender-specific maladies that bring men down are unacceptable. Go to whitehouse.gov to sign our petition to open, and fund, an Office of Men's Health; 100,000 signatures in 30 days guarantees a response. Your mother, wife, and kids should sign too. You deserve it. —THE EDITORS



FOUR REASONS MEN DIE FIVE YEARS BEFORE WOMEN DO

Unless, of course, you heed our death-defying advice.

1/ SHE GOES TO THE DOCTOR

Hypochondriac or not, women have checkups about 33 percent more often than men do, according to the National Center for Health Statistics. But 52 percent of women took at least one prescription drug in the past 30 days, versus 43 percent of men, the CDC reports. Some of the drugs were opioids, which contributed to 16,000 deaths in 2013. Go to the doc for prevention, not pills, guys.

2/ SHE'S BETTER CONNECTED

Nearly one in five men over 50 have contact with their friends less than once a month, as opposed to only 12 percent of women. Loneliness is a health hazard: In a Swedish study, half of elderly participants with close friends and family lived at least 1½ years longer than those who lacked a rich social network. Take a class or join an exercise club or rec league to benefit from more social time.

3/ SHE'S A TRUE BELIEVER

According to a Pew Research Center study, more women than men are religious, which is associated with healthier behaviors. And researchers at Florida State University found that people who considered themselves members of a valued group, such as sports fans who pull together to cheer on their team (go Cubs!), had higher feelings of belonging, resulting in fewer suicides. A big win there.

4/ SHE SAVES FOR RETIREMENT

She also takes fewer investment risks. Time to raise your game; high income is a key to longevity. So don't be afraid to start a new career. The American Institute for Economic Research found that 82 percent of people who launched a new career after age 45 were successful, and almost nine out of 10 said they were happy with the change. (And the change in their pockets.) —LEAH POLAKOFF

Izabela Habur/Getty Images (woman), photosmash/Getty Images (protestors)



The Imperfect Man's Guide to Perfect Health

Won't sit up straight? Fail to floss daily? You're forgiven. Our experts say these six quick fixes are the next best thing.

BY PAIGE FOWLER

"I TRULY HOPE THAT THROUGH MY CONTINUED TRAINING, TENACITY, AND perseverance, Usain Bolt will always beat me in the men's 100 meter." —From *Things Justin Gatlin Never Thought to Himself*

At what point in your life did you ever strive to be second best? When has any successful guy, for that matter?

Coming in second can suck: The trophy is less grand, the medal is less precious, and the attention is golf-applause polite, if that.

But we're here to tell you that in the competition against disease, the smart guys go for silver. Because when men try and fail to bring home the gold in health, they risk settling for dead last.

Let's say you don't floss every day and never will. Instead of simply accepting your periodontal peril, you can do something for your gums that's almost as good. Or maybe you can't be bothered to tally up the number of footsteps you take in a typical day. No problem: You can still enjoy the benefits in a way that doesn't require counting to 10,000.

It isn't just that the second-best strategies described on the following page are better than doing nothing (even though they are). They're so damn good for you that no matter what Usain Bolt is up to, you'll still be enjoying your place on the podium for years to come.


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1

If you can't take at least 10,000 steps every day…

Put down the pedometer and start the stopwatch. You can reap the same health benefits by counting minutes instead, says Catrine Tudor-Locke, Ph.D., chair of kinesiology at UMass Amherst. Can you manage three 10-minute brisk walks a day? In a Norwegian study, older men who did precisely that six days a week cut their risk of dying of any cause during the study period by 40 percent.

2

If you won't apply sunscreen on your entire face…

At least cover the cancer magnets: Your nose, eyelids, and lips. Your schnoz is the most common place on your face for basal cell carcinoma, while 5 to 10 percent of all skin cancers occur on eyelids. And men are more likely than women to develop tumors on their smackers. Swipe Badger Sport Sunscreen Face Stick, SPF 35 ($10, badgerbalm.com) onto all three hot spots. Then slip on some UV-blocking shades.

3

If you forget to floss on a daily basis…

You can either pick the detritus from your teeth or pick up a set of dentures. A dental pick removes food particles that swishing and spitting can't budge, says D.C. dentist Brian Gray, D.D.S. Try Gum Soft-Picks; the rubber bristles stimulate your gums and spelunk for gunk, Dr. Gray says. Research shows that these interdental excavators are just as good as flossing at reducing plaque and preventing gingivitis.

4

If you can't have sex at least three times a week…

You're not alone, and here's what you're missing (besides the obvious): a reduced risk of erectile dysfunction, says Darius Paduch, M.D., Ph.D., director of sexual health and medicine at Weill Cornell Medical College. His Rx: thrice-weekly orgasms. Hit the gym too. Men who log at least two hours of strenuous exercise each week have harder erections than less active dudes, report Duke University researchers.

5

If you don't sit up straight at your desk…

Compensate by bending over backward. Slouching can decondition your back muscles, deplete energy, and cause a piss-poor mood. Can't walk it off? Then stand up and place your hands on your hips. Now slowly bend back. Do this a few times every hour to undo the havoc from your hunching, says Evan Johnson, D.P.T., director of physical therapy at the New York-Presbyterian Hospital Spine Center.

6

If you can't rally yourself to cook your own meals…

Stop inviting extra calories to dinner. Folks who eat fast food three or more times weekly are 81 percent more likely to be obese than those who eat it less than once a week, the Michigan Department of Community Health found. Plan ahead: In a 2014 *Appetite* study, people who checked a menu online before ordering chose meals with 145 fewer calories than the grub others grabbed without as much thought.



I HAVE WHAT?

Exploding Head Syndrome

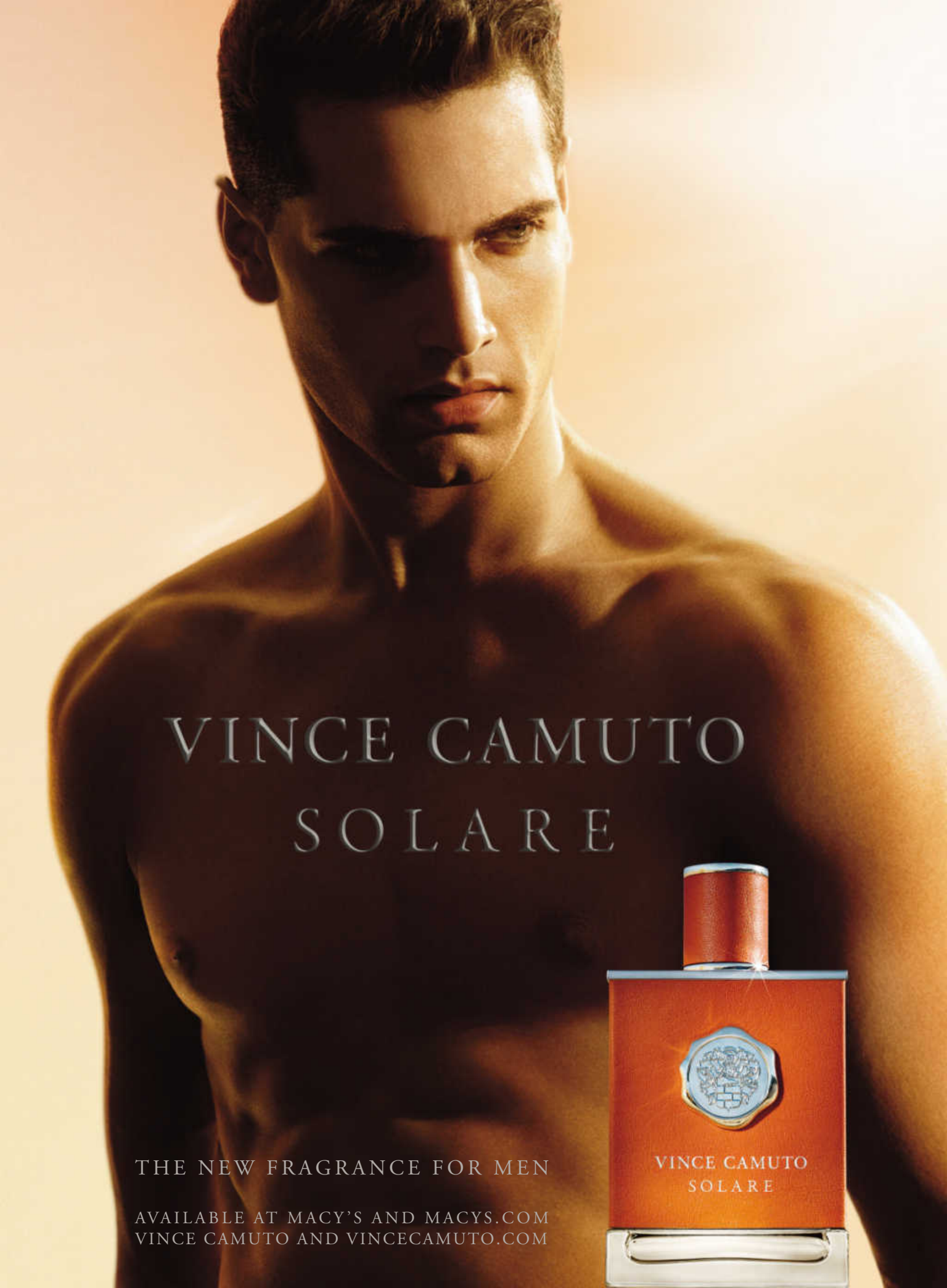
Symptoms As you're drifting into or out of sleep, you hear a loud noise—think cannon blast or gunshot—that jolts you awake.

The Diagnosis It only *sounds* like you blew your top. Exploding head syndrome, or EHS, is thought to occur when the part of your brain that helps control your sleep-wake cycle briefly fails to mute your auditory neurons. As a result, you experience an activity boost that you "hear" as a detonation, according to research from Washington State University. One study suggests that about 14 percent of young adults may be affected, though the frequency of episodes varies. Anxiety, poor sleep habits, or sleep disorders might be setting off the cranium bombs, says study author Brian Sharpless, Ph.D.

The Treatment If you regularly wake up with a bang, see a doctor: Calcium channel blockers and antidepressants can help defuse the problem. But if it also hurts like something went off in your head, go to an ER. You may have a more serious problem, like a brain hemorrhage.

—MELISSA ROMERO

Opening page: Dennis Galante/Corbis; this page: Cultura/Corey Jenkins/Getty Images (litter), R. KIKUO JOHNSON (illustration)


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MH

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Local Natives perform



Winners meet Max Frost



Canoe captains hit the river

At this year's Float Fest, Leinenkugel's and Men's Health gave festival attendees the opportunity to participate in the ultimate summer experience—the Field Day & Regatta. Our winning teams earned a Float Fest VIP upgrade for the night!

Dozens of teams turned out to compete in our five throwback Field Day games and our Cardboard Canoe Regatta—where our canoe captains were sent out on the San Marcos River in their cardboard creations.

Within the Leinenkugel's festival tent, brand ambassadors signed people up for the games, gave out Leinenkugel's sunglasses and lip balm, and offered festival participants a turn in the Summer Shandy Photo Booth. Neighboring the tent was the Leinenkugel's draft bar and the Float Fest "Sun Stage," where headliners like Local Natives, Ghostland Observatory and Phantogram performed.



Victory on the river

Photos in the Summer Shandy Booth

Ready for the Regatta

Build your canoe

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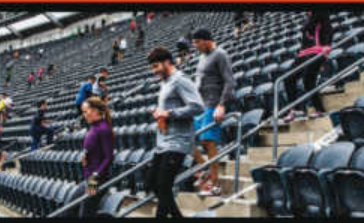
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What's on Her Mind During Sex

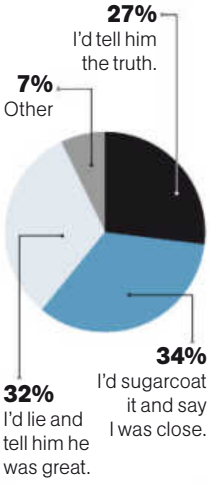
We asked 2,500 women to reveal their mid-romp thoughts. Listen up, learn, and enjoy sex even more. BY MIKE DARLING

ASK A MAN TO DESCRIBE HIS THOUGHT PROCESS WHILE he's having sex and you'll get this: *CrapHangOnWaitNotYet*—followed by flashbacks to the 2008 World Series and his eighth-grade algebra teacher. What's in *her* head, on the other hand, may be more useful. Happily, *Women's Health* readers were eager to share, minute by hot (or not) minute. "Talking about whatever's on your minds during sex can be the final frontier to a more satisfying relationship," says couples therapist Ian Kerner, founder of the online sex guide Good in Bed. Turn the page to read her sexual subtitles.

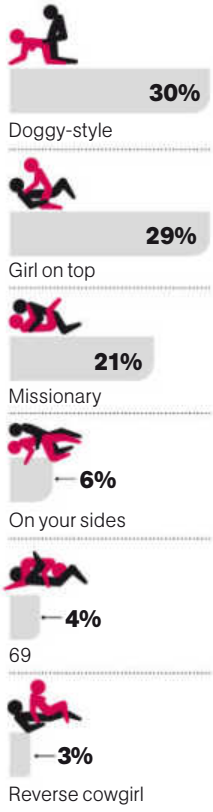


FAKES AND FAVES: WHAT 2,500 WOMEN TOLD US

If you faked it and he asked, what would you say?



What's your favorite classic sex position?



0:45

"Damn, you look good in that T-shirt."

Given six choices, 30 percent of the *Women's Health* readers we surveyed said muscular arms are their biggest physical turn-on. Broad shoulders came in at 25 percent. As for that elusive six-pack? Only 6 percent of women put it first on their wish list. So until your hammer curls pay off, wear fitted shirts that hug your guns; no more than two fingers should fit in an armhole. Or try a raglan tee to create contrast by broadening your shoulders and chest, says *MH* fashion director Brian Boyé.

1:12

"But your mouth tastes like blue cheese."

Why'd you order the Mongolian wings? When asked to pick their most toxic turnoff, nearly half the women surveyed said bad breath. But avoid alcohol-based mouthwashes, which can make your breath worse, warns Manhattan dentist Jennifer Jablow, D.D.S. Her strategy: Stay hydrated and use mouthwash with zinc. You can also chew on parsley (finally, a use for it!)—the chlorophyll neutralizes odors. Or pop a piece of gum containing xylitol to increase saliva production, says Dr. Jablow.

2:13

"You want to do *what* to my 'sweet ass'?"

Many women find that the pressure of talking dirty interrupts progress to a screaming orgasm, Kerner says. What they'd most like to hear: moans and groans. Men typically aren't as vocal as women are, so these are clear signs that she's doing something right, says Megan Fleming, Ph.D., a psychologist and relationship therapist. If you prefer being more explicit, just keep it PG-13. About 20 percent of women say that a simple "You're so damn hot" or "That feels amazing" will do the trick.

Trunk Archive (photographs); HUBERT TERESZKIEWICZ (illustrations)

Lana Kane: Just the woman to stiffen your Archer.



3:27
"Spend more time on my nipples. Please!"
It's science! "Nipple stimulation activates the same sensory brain region as clitoral, vaginal, and cervical stimulation," says Barry Komisaruk, Ph.D., a professor of psychology at Rutgers University who studies sexual response. Besides the genitalia, that's the yes-please spot for four in 10 women surveyed. Start slowly, kissing the tops and sides of her breasts, suggests *MH* sex and relationships advisor Debby Herbenick, Ph.D. As she becomes more aroused, inch toward her nipples.

4:55
"Slow down, cowboy. This is getting good!"
Tongue-tired? Pace yourself. Nearly one in four women said men should spend more time on oral sex, and a common tip was "Slow down and be more gentle." Consider yourself a pleasure provider, says Kristen Mark, Ph.D., director of the Sexual Health Promotion Lab at the University of Kentucky. Take your time and don't go right for the clitoris; warm it up, she says. Make slow, circular motions with your fingers outside her vagina, and move steadily inward, teasing her with your tongue.

6:29
"You take control. I'll just enjoy myself."
Only 29 percent of women called girl-on-top their favorite position, but that still leaves plenty of other options. More than half said they prefer the man to be either "very" or "mostly" dominant in bed. So bring on the missionary. Lots of women love the intimacy of eye contact, Kerner says. The tantalizing trick: "Focus on deeper thrusts that provide more clitoral contact," he says, "or raise yourself up so you're coming down into her, which will increase her likelihood of reaching climax."

7:31
"Oh, jeez, is he going to come so soon?"
Good news: Seven out of 10 *Women's Health* readers are satisfied with how long men last in bed. The bad news? Even if she's not satisfied, it could be hard to tell: Women tend to realize it quickly if they're not going to climax, so they fake it to bring an end to sex, Kerner says. If she's stressed-out, try talking during foreplay. Brain chemistry lowers inhibitions during arousal, so it's a good time to have a sexy conversation, Kerner says. "As you kiss and touch, you can ask her what she likes and doesn't like."

8:43
"Okay, time to think about Ryan Gosling."
Don't be threatened. Roughly half of women fantasize about sex with celebrities, a new study found. "Women tend to fantasize during sex more than men do," Kerner says. "It can help her deactivate and disconnect from stressors that inhibit arousal. It's totally normal—and in an odd way, she might get more into the sex that she's having." Help her disconnect: Give her a massage or quiet stimulation with your hand or a vibrator on low, he says. "You want to encourage her to feel, not think."

9:35
"I may need to help myself here."
If she reaches down to stimulate herself, don't take it personally. In our survey, 19 percent of women "almost always" take matters into their own hands; nearly half do so sometimes, and less than 10 percent want to but hold back. Researchers in Canada found that some women hesitate for fear of hurting his self-esteem—even though men generally like the idea. More power needed? About three-quarters of women we asked don't use sex toys, but of those, 30 percent said they'd like to start.

WHAT'S HER VIBE? HERE'S A GUIDE

Nearly a third of the women we surveyed don't use a vibrator but are curious. So buzz up one of these. Or, what the heck, all three!





BEGINNER'S BULLET
Reasonably priced and great for sex-toy neophytes, the Trojan Vibrating Bullet has four levels of intensity, and it's so small you can fit it between your bodies during sex. *$26, trojan.com*



APPGASM
The remote-controlled We-Vibe 4 Plus fits in her vagina but still leaves room for you. If you're not around, you can operate it remotely through your smartphone app. *$179, we-vibe.com*



SMALL WONDER
Like its predecessor, Lelo's diminutive new Lily 2 vibrator looks like a purple tongue and vibrates like the San Andreas Fault, but now it also emits your choice of boudoir bouquets. *$139, lelo.com*

ARE YOU A PERV?

Let *MH* sex advisor Debby Herbenick, Ph.D., M.P.H., make the call.

I sometimes masturbate to cartoon women on shows like *Archer*.
GARY, PROVO, UTAH
For centuries, men have used any old image to get themselves off. Some Indian temples are covered in sculptures of adventurous sex. If you can imagine a way to depict sex or sexy women, someone has tried it, and some guy has ogled it. (Hell, George Costanza fetishized *Glamour* mag.) In the early 1900s, men used "eight-pagers"—little books of cartoon characters having graphic sex—to fuel erections. What you're doing isn't pervy—it's vintage!

I like sex when we haven't showered for a day or two.
TRAVIS, BIRMINGHAM, AL
Your body may be filthy—and it's okay if your mind is too. After all, we're animals. Many of us are drawn to odors (including sweat) and pheromones, which we may subconsciously detect and which appear to be linked to sexual attraction. There's nothing wrong with delaying that shower (and that deodorant) in favor of aromatic romance.

© FX Networks/courtesy Everett Collection (Lana Kane), R. KIKUO JOHNSON (vibrator illustration); products courtesy manufacturers

THE GIRL NEXT DOOR



Sex, dating, love, and lust. Ali Fedotowsky will now take your questions.



She's loud in bed—and I have roommates. Should I ask her to tone it down?

BRUCE, WILMINGTON, DE

Why? Would you hit mute just as the Death Star is exploding? Those climactic screams are the best part of her night—and, let's face it, yours. I get that you want to be courteous, but saying something could just embarrass her. Until your roommates lodge a noise complaint, I see no reason to quiet down. Just do them a solid and crank up some tunes next time, or move the performance to her place.

She caught me masturbating to porn and seems upset. How do I smooth it over?

NOAH, SCOTTSDALE, AZ

Tell her you'll lock the door next time. Come on, she already knows you masturbate. It's perfectly healthy—as long as you're not doing it a bazillion times a day. Still, catching you in the act *is* a little weird. She knows you love her deeply, but do you want her badly too? So every once in a while, surprise the hell out of her. Grab her around the waist, lean her against a wall, and kiss her all the way to China. Then make sure she knows that you like the real thing best—not that Megan Fox lookalike in your browser history.

I never seem to like any women I meet on first dates. What am I doing wrong?

RICARDO, NEW YORK, NY

Let me guess: You're more into her bikini selfies than what's on her bookshelf. Apps like Tinder make it impossible to know the whole person. Next time, take awhile to look for common ground before you commit. Try apps like Match or OkCupid, which aren't based on snap judgments alone. Or skip the online game and ask friends if they know anyone you might get along with. Then meet up in a group and see if she's right for you. It's a time-tested strategy: Make the first meeting feel like it isn't a date at all.

She said she'd try anal if I really wanted to. Is that a green light?

AARON, PALO ALTO, CA

Depends. There's a big difference between being cool with anal sex and *wanting* to seem cool with it. Any hesitation may mean she's having second thoughts, and you don't want her to feel pressured. What you're asking is very intimate, and a bit scary to a lot of women. There's a high degree of trust involved. If you two aren't that committed, I'd hold off. Otherwise, go very slow, use lots of lube, and be ready to call it quits the second she feels uncomfortable.

She takes pictures of everything, and it bugs me. Can I tell her to ease up and enjoy the moment?

LIAM, BOSTON, MA

Hey, I'm all for setting limits on the food-porn shots. But I doubt she'll go completely zen, so why not meet her halfway? At lunch, for instance, suggest stashing your phones when the drinks arrive. Make it about you: Say you're trying to be less phone dependent. Just be prepared to hold up your end of the bargain; if she gives up the snapshots, then your fantasy football updates fall under the same embargo.

Follow Ali on Facebook at MHGirlNextDoor, and on Twitter at @AliFedotowsky.

GIVE A RISKY COMPLIMENT

Here's how to talk up her hot spots—without making her feel like a piece of meat. (That isn't a rump roast!)



HER BELLY

"Avoid it altogether," says Paul Hokemeyer, Ph.D., a marriage and family therapist. "Focus on the belly button instead. Tell her you find hers to be a total turn-on."



HER BREASTS

"Whether they're natural or not, you never want to fetishize them," says Hokemeyer. "Talk about how perfect they are for her body—which, by the way, is smoking hot."



HER BUTT

"Think of it as being like a dessert you're craving," Hokemeyer says. "Describe it in terms of how appealing it is to you: sweet, delicious, and irresistible."



HER THIGHS

"Whatever you do, say nothing about their size," says Hokemeyer. "That's a sure way to bomb. Talk about how they feel—especially their smoothness."

Illustrations, from top: Jim Winters, QUICKHONEY (4); Trunk Archive (photograph)

HOLIDAY wishlist

Here are some great gift ideas to help make your holiday shopping a breeze.



Bring Josh home for the holidays

Winemaker Joseph Carr created Josh Cellars Cabernet as a tribute to his dad and hero. Like its namesake its bold, distinctive and a pleasure to gather around. This season share a bottle of Josh with your friends and family.

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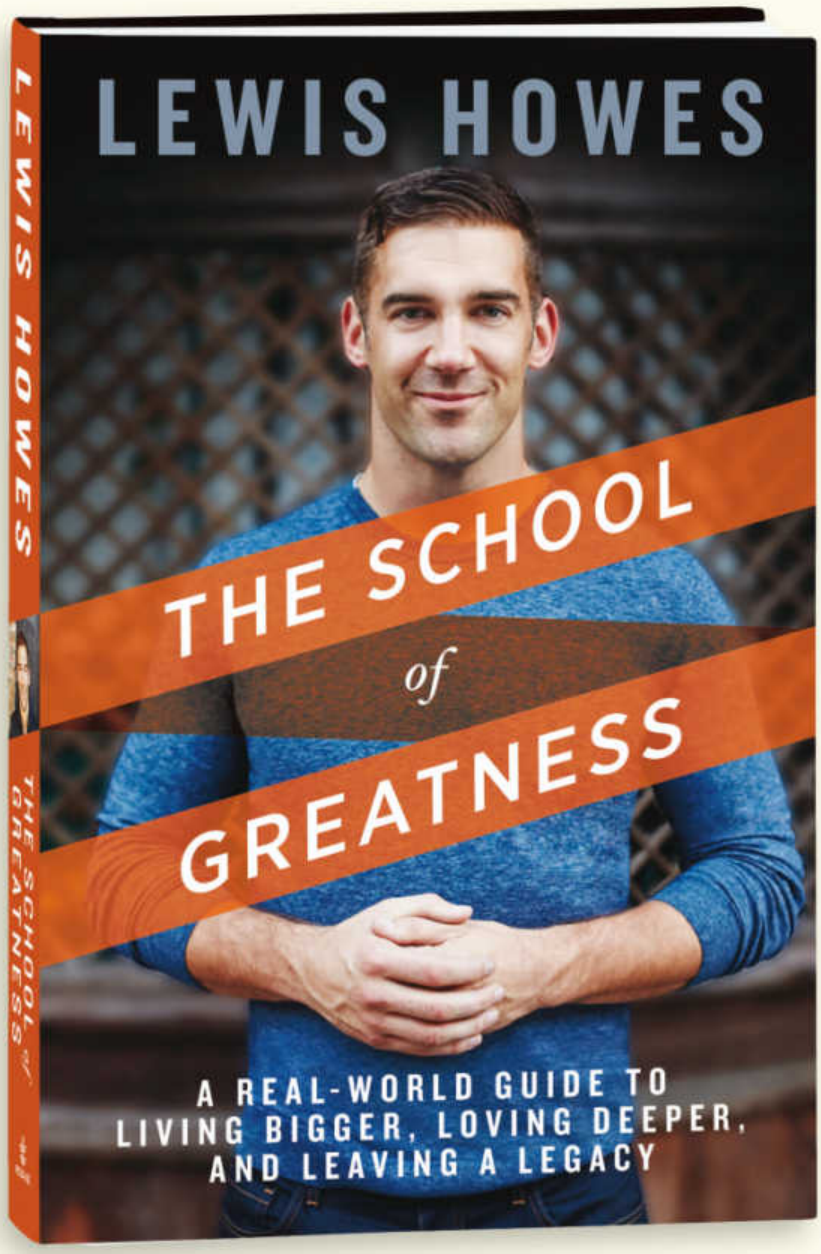
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The Sexperiment

"We Went to a Strip Club for Date Night"

He was too cerebral; she was too jealous. The cure: lap dances.

BY ANNA BRESLAW



WHEN I TOLD MY BOYFRIEND I wanted to go to a strip club with him, he did a double take. It wasn't like me, true. But I had a couple of ulterior motives. First, I hoped to bring back the old sex-crazed lunatic in him. Second, I wanted to test my ability to handle jealousy. Where better to deal with both than at Sapphire, a Manhattan strip club? Its Couples Exclusive package would be an experiment that could either blow up the lab or spark a whole new line of research.

But Dan was a bit worried: "I don't want you to get drunk and launch into this long talk about whether I like a stripper," he said. He wasn't being a jerk; this was a legitimate possibility. ❶

"I won't . . . I don't think."

It had always seemed to me that Dan's relationships with his exes were more carnal and liberated, whereas he and I tend to be in our heads about everything. Plus, I'm always overthinking his attraction to other women. So rather than skirt these issues, we were now going to see how it felt to tear that skirt right off.

THE DANCERS WEAVE AND BOUNCE AROUND the floor like Roombas with breasts. We agree to each choose one stripper—mine would give just me a dance and his would give us a couples' dance. ❷ Within 20 minutes, I spot a woman to my liking. My type, as it turns out, are women who resemble the popular, preppy girls who might have bullied me in middle school: beautiful creatures with long, blond hair and perfect tans. Angela is wearing a short lavender dress. What's under the dress looks natural.

To ease into the lap dance, the three of us chat awhile, as if we're at Starbucks. Picking up on my awkwardness, she becomes instructive and shows me how to twerk in Dan's face. I give it a shot: He's so transfixed by my ass that he barely looks at Angela. Considering that my relationship with Dan is often so cerebral—debates, jokes, long, meandering talks—being straight-up objectified feels sexy to me.

Then it's Dan's turn to choose a dancer. He takes forever, almost like a kid savoring his birthday wish. Eventually he picks Mila, a 30-something with a long, dark ponytail and leather garters who'd been dancing on the main stage earlier. It's an unsurprising choice: She looks like the porn women he favors. But he's bashful about receiving a lap dance in front of everyone, so we request a private space.

Now we're alone with Mila in a room that reminds me of a divorced dad's finished basement. Mila takes charge. She encourages us to move closer together ❸ and then slips her hands under the waistband of Dan's jeans. She kisses my neck; her perfume is overpowering, her moans performatively loud. It's a phony orgy—too synthetic for me to be in the moment. But Dan (or Dan's penis) is thoroughly convinced. Still, I'm not jealous. Maybe it's the numbing power of the champagne, or the fact that this bears zero resemblance to real-life foreplay. I take note of the elements of her handiwork—whispering in his ear and kissing his neck—that seem to be working him up.

"WE'RE ALONE WITH MILA, WHO SLIPS HER HANDS UNDER DAN'S JEANS AND KISSES MY NECK."

Soon our half hour is over. "We could stay another 30 minutes," Mila purrs.

"I mean, sure, if you want to," Dan fumbles, not realizing that Mila is angling for another $300 jackpot. Clearly the blood is pumping in regions far afield from his brain.

By the time we arrive home, we're too tipsy and tired for sex. But we make up for lost time in the morning, enchanted by what we've become after fixating on a bunch of random women's backsides: the chill, genuinely-not-jealous girlfriend, the fratty, inarticulate boyfriend. I may not have experienced Dan's level of arousal, but for one randy night, we learned the virtues of twerking, not talking.

Three Ways to Strip Away the Pitfalls

❶ SPEAK IN CODE "Agree on a safe word just in case things get out of hand," says sociologist Jenn Gunsaullus, Ph.D. Then be ready to bail instantly.

❷ DRAW A HARD LINE "How drunk can you get? Are you allowed to touch the strippers in any way? Make what's not okay very clear," Gunsaullus advises.

❸ KEEP CLOSE Don't lose your connection with your mate, warns Gunsaullus. Try to maintain physical contact, like touching knees under the table.

ILLUSTRATION BY GARY WILLIAM MUSGRAVE



YOU:

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TURE LILLEGRAVEN

P.81

1

Be Strong in Every Way

IDRIS ELBA

WHOOSH! WHOOSH-WHOOSH-WHOOSH!

Bouncing on the balls of his feet, Idris Elba fires off rapid jabs and a left-right combination, then pivots with elbows raised to unleash a barrage of knee kicks to the ribs of an imaginary foe.

It is powerful. It is violent. And it is graceful. The 6'2", 195-pound British actor has trained in kickboxing for a decade, and it shows. "Shadowboxing is one of the best workouts you can do," he says after he catches his breath. "You don't need any equipment, and it works every muscle. It's what Nelson Mandela did many mornings in his jail cell."

This is not casual trivia; it's part of who Elba is. In his research to play Mandela in the 2013 film *Mandela: Long Walk to Freedom*, he spent a night in that very jail cell on South Africa's Robben Island. Throughout his 43 years, Elba has absorbed traits of characters he plays and people he works with.

His approach to fitness has a very personal nature too. He wants to be able to kick ass if necessary. "Some guys want to be toned or want to jog for miles," he says, "but my ultimate fitness goal is to be fight-ready. If I step into the ring, could I go toe-to-toe for five rounds? That's what I strive for. That's what I consider fit. I want to know that if I'm being wrestled to the ground, I've got the strength to fight a man off. Kickboxing is rugged—it's all core strength. But when you're fight-ready, you feel like you can last forever."

IT'S A DREARY MORNING AT LYNNTERM PORT, VANCOUVER. SWOLLEN CLOUDS are punched around by gusting wind as longshoremen take rebar off a cargo ship from China. Elba is inside a huge warehouse for a photo shoot. Between setups he shadowboxes, spits out lyrics from The Notorious B.I.G., and tests out the acceleration (and braking) of the brand-new Tesla S P90D,



BIG 'DRIS WORKOUT

Complete 4 rounds. Each round, jump rope and work the heavy bag for 2 minutes each. Then do 40 jumping jacks, 40 squats, 20 inchworm pushups, and a plank and side plank (30 seconds each). On successive rounds, switch sides on the side plank and do 10 fewer jumping jacks and squats and 5 fewer inchworms. So in round 4, you'll do 10 jacks, 10 squats, and 5 inchworms.





1/ Jump rope
On the balls of your feet, jump 2 inches up as you rotate your arms. No rope? Pretend. *2 minutes*



2/ Heavy bag
Mix jabs, hooks, and uppercuts. Switch sides every 30 seconds. No heavy bag? Shadowbox. *2 minutes*



3/ Jumping jack
Focus on clean movements. Kick your legs out quickly, clap overhead, and repeat. *40 reps*



4/ Squat
Brace your core, push your hips back, and bend your knees. Pause; push yourself back up. *40 reps*



5/ Inchworm pushup
From standing, bend and "walk" your hands out until you can do a pushup. Then "walk" back. *20 reps*



6/ Plank/side plank
Hold a plank for 30 seconds and a side plank for 30 seconds. Rest 60 seconds. Start the next round.

EXERCISE ILLUSTRATIONS BY JAMES GRAHAM



“My goal is to be fight-ready. I want to know I have the strength to fight a man off.”

RAPID FIRE: IDRIS ELBA

Hero
"My granddad Moses. He was a policeman who looked after people. He was a man of his word."

Party Drink
"7 Wallace: Tanqueray No. Ten, ice, tonic, a splash of cranberry, and a handful of limes, squeezed."

One-Word Legacy
"Transparency"

Karaoke song
"Bohemian Rhapsody"

Meal to impress her
"Smoked turkey leg, corn on the cob, sautéed spinach, and fried plantain. I like a woman with a big appetite."

Euphemism for sex
"Mmm, hmm."

featuring "Ludicrous" speed mode. (Read what he thinks of it in this issue's Tech Guide.) It's been a ludicrously busy 24 months for Elba, whose signature brand of sensitive machismo makes for compelling good guys and bad guys. After Mandela, he played Heimdall in *Thor: The Dark World* and *Avengers: Age of Ultron*. Then he shot *The Gunman* with Sean Penn and traveled to Ghana for *Beasts of No Nation*, about child soldiers, on Netflix now. These days he's working on *Star Trek Beyond*.

Then there's television, where Elba first made his mark on *The Wire*. His final turn as Luther, the maverick London homicide detective, is on BBC America this month. Earlier this year he starred in a Discovery Channel series titled *Idris Elba: No Limits*, in which he drove a Bentley at 180 miles an hour on a beach in Wales, raced a Ford Fiesta for a road rally in Ireland, gunned a Super Comp dragster in Miami, and flew aerobatic loop-the-loops in an air show near Coventry, England.

Even that wasn't enough. He designed a clothing line with Superdry. He regularly flies to Ibiza to DJ at top dance clubs. And this divorced dad of a teenage daughter recently became a father again, welcoming a son with his girlfriend, Naiyana.

That isn't a dad bod on these pages; yet Elba says he's only about 70 percent fit by his own fight-ready standard. And that gnaws at him. Spend a day with Elba and you realize that this is a man who wants to do things right or not at all. Elba's new role in *Star Trek Beyond* leaves him less time to work out. So he runs and does the body-weight circuit. (See page 82.)

"When I'm fit, I'm more focused," he says. "I have greater patience and my temper is more stable, so I'm better in almost all my relationships. I'm more vigilant about the shit I put up with. I see clearer. When I'm out of shape, I'm emotionally lazy."

THAT FIGHTING MENTALITY GOES BACK TO ELBA'S CHILDHOOD in London. He was an African kid and an only child. His father, from Sierra Leone, worked in a Ford factory; his mum, from Ghana, did clerical work. As a tween, Elba transferred to the all-boys Trinity School in East London. "Sports are organized by houses, like Harry Potter, and in the locker room afterward there would be lots of fights, proper fights. The new kid gets picked on, but I just wasn't about it, man. I didn't stand for it. On my first day I had a fight with a kid who is still one of my best mates now."

After high school, Elba worked nights at the Ford factory while also DJing and pursuing acting gigs. After two years of that, he sold his house, packed his record boxes, and moved to New York City with his wife, hoping to score bigger roles.

It was a struggle. He worked as a doorman and continued to DJ. He sold a little pot, and hung out in Brooklyn barber shops to sharpen his American accent. "It took me four years to really learn the culture and nail the inflection," he says. When he auditioned for *The Wire* in 2002, the show's creator, David Simon, had no idea that Elba was English. He'd read for the part of drug kingpin Avon Barksdale but was offered Stringer Bell, Barksdale's cerebral yet brutal number two. *The Wire* ran for five seasons and led to Elba's turn as a cop in *Luther*, which eventually earned him a Golden Globe in 2012 and big-screen roles.

IF ELBA'S FITNESS MENTALITY IS TO BE FIGHT-READY, THEN HIS APPROACH TO WORK AND LIFE IS best expressed in the London slang word "shutdown." "It means no one is going to do it again at that level," he says. "It's not a boast; it's not about saying, 'I'm a big deal.' It's an expression, an aspiration. And sonically it works. It also just feels so good to say it!" Elba rapped on a summer remix of a hit by U.K. artist Skepta called "Shutdown." In conversation, you could say, "That workout at lunch—shutdown!" or "The PowerPoint yesterday? Shutdown!" It also makes for a good hashtag on social media.

That attitude is reflected in Elba's choice of challenging roles. "When I do something, I want to do it well," he says. "When I was a kid, a lad in my school could do 150 juggles with a soccer ball! I could do 20 or 30. I thought, 'How? What is he doing differently?' I remember a real sense of focusing on doing something well. CONTINUED ON PAGE 127



Add 35 Pounds of Muscle

2 BRADLEY COOPER

To play Navy SEAL Chris Kyle in *American Sniper*, Cooper packed on 35 pounds of muscle training with Jason Walsh, founder of Rise Nation. Follow his rules to bulk up smartly.
1. Build a base with total-body moves, such as split squats and deadlifts.
2. For every set of pushes you do (like bench and overhead presses), do 2 sets of pulls (rows and pullups).
3. Take notes on your workouts to chart progress and stoke motivation.



Reach Your Peak

3 Isaac Caldiero

It's fitting that a climber, 33-year-old Caldiero, won the race to the summit of *American Ninja Warrior*'s Mt. Midoriyama. Caldiero forged his upper-body strength by inching up rock faces and doing pullup ladders. Estimate how many pullups you can do without stopping (say, 10) and do half of that (5). Rest a minute, and repeat your half max until you can't hit it after a minute of rest.



Do or Die

4 Alek Skarlatos

While on vacation, Skarlatos and two friends spotted a man carrying an AK-47 on a train from Amsterdam to Paris in August. "It was do or die," says Skarlatos, 22, an Army National Guardsman. "I didn't have any time to think." Skarlatos, who works out three times a week, grabbed the gun and hit the terrorist with it. His actions earned him a spot on *Dancing with the Stars*.

Styling: Brian Boyé. grooming: Melanie Neufeld/MAC Cosmetics/Plutino Group. hair: Brett Mayo. prop styling: JP Carthy. production: Shaun Veltkamp/The Hive Media Works; David Becker/NBC/NBCU Photo Bank via Getty Images (Caldiero). Chip Somodevilla/Getty Images (Skarlatos); opening spread illustration by KENDRICK KIDD; Calvin Klein Underwear tank. Alternative Apparel shorts. Nike sneakers

ILLUSTRATIONS BY CRISTIANO SIQUEIRA

GOLF/LIFE METAPHOR "You're never going to hit perfect shots all the time. It's about how you react to the situations you find yourself in."

5



"My wife told me that if I ever came home after a fight with a black eye, I was done."

MMAke a Difference

CHRIS WEIDMAN

UFC MIDDLEWEIGHT CHAMPION

Chris Weidman, 31, has never lost a fight. His pro debut in 2009 against Reubem Lopes lasted 95 seconds. Last May, bruiser Vitor Belfort learned firsthand about Weidman's brutal ground-and-pound. At 13-0, the 6'2", 185-pound fighter stands as the only undefeated male champion in the UFC. Even striking him is dangerous: Anderson Silva shattered his left leg on a kick Weidman blocked with his knee and shin. "Chris is very well rounded as a fighter," says *UFC Fight Week* cohost Richie Vaculik. "Extremely confident too. Huge self-belief." One cornerstone of that confidence: hard-core conditioning. Here are three drills he uses to forge strength and stamina: (1) Sprint and sled push: Alternate 30 seconds of sprints and 30 seconds of sled pushes for 5 minutes. No sled? Fast-walk with two heavy dumbbells. (2) Pushups and battle ropes: See below. (3) Raise 75: He does 75 pullups with varying grips. You do as many as you can—and on your last rep, hang for as long as possible.

THE MMA SUPERSET



Pushups and Battle Ropes
Alternate 20 pushups with 30 seconds of battle ropes continuously for 5 minutes. Vary the rope exercises by alternating rounds of single and double waves. No battle ropes? Jump rope instead. If your form falters, take a rest.

Photograph by NATHANIEL WELCH

6

Tune and Tone

DRAKE

Game, set, and match to the 29-year-old Grammy winner: platinum album sales, million-dollar concerts, Serena Williams clutching his thickly muscled arm. To score a ripped torso like Drake's, do a circuit consisting of pushups, dips, and pullups in a 3:2:1 ratio, recommends Jonny Roxx, his trainer. Start with 3-2-1 reps for 10 rounds, resting 1 minute between rounds. Too easy? Go for 6-4-2 or 9-6-3.



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Be Fit as a Fed

7 Johnny Utah

Australian actor Luke Bracey plays FBI agent Johnny Utah in *Point Break*, out this month. Real-life agents are fit too, thanks to a new test. Try it: Hit a track and do these drills, resting 5 minutes between them. (1) Situps for 1 minute, (2) a 300-meter sprint, (3) as many pushups as you can, (4) a 1½-mile run. A perfect score: 58 situps, 40.9-second sprint, 71 pushups, and 1½-mile run in 8:59.



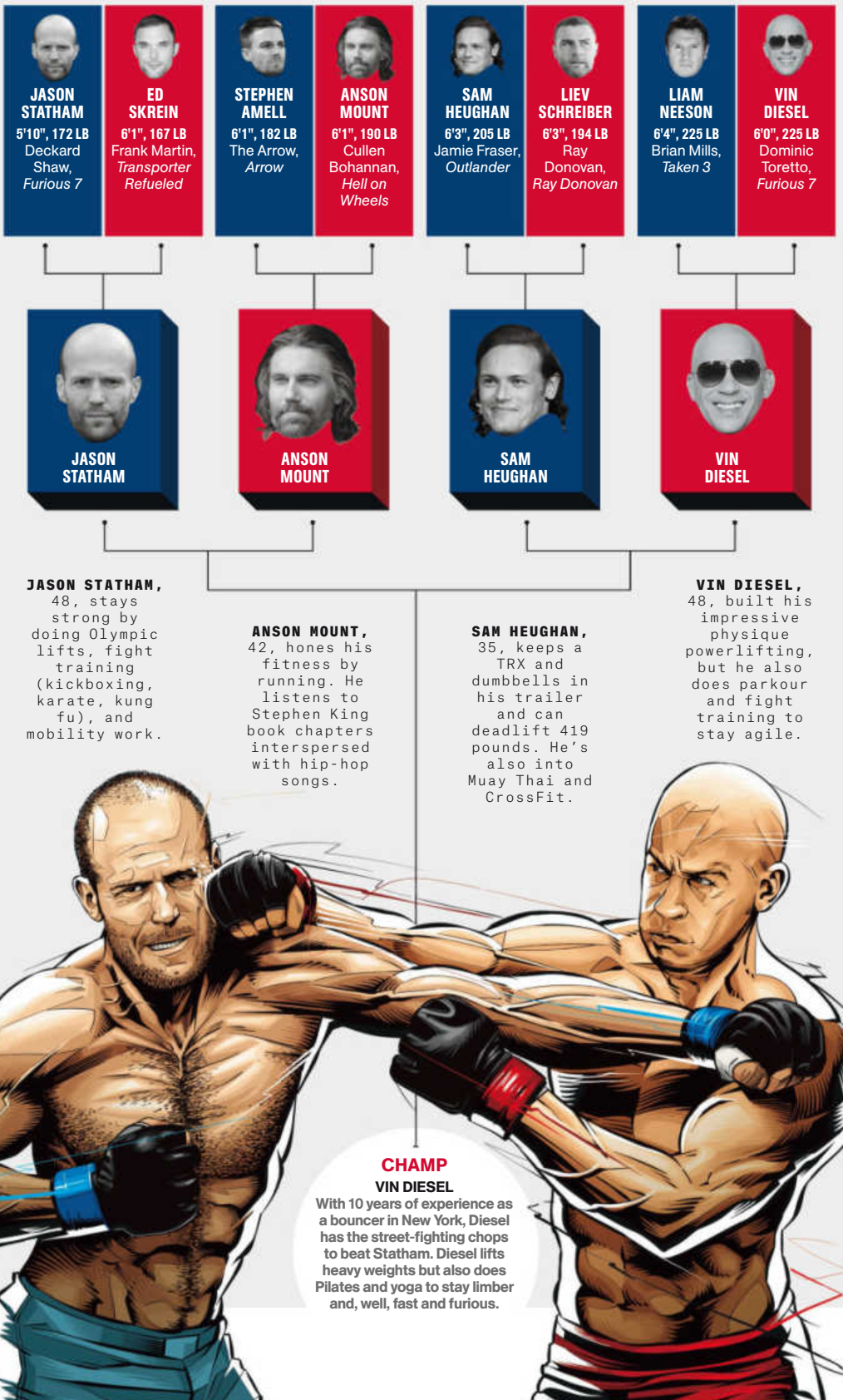
Save a Life

8 Chris Cuomo

Fitness helps the 45-year-old CNN *New Day* anchor and father of three power through days that start at 4 a.m., and it helped him save a drowning man in a rip current off Long Island last summer. Cuomo, who trains five days a week, spotted him from his boat, swam over, and pulled him to shore. That's why fitness matters, he says. It's not about looks—it's about being able to perform.

THE BADASS BRACKET

2015's TV and film tough-guys face off, March Madness style.



Courtesy Warner Bros. Pictures (Utah). GIJS VAN DER MOST (Cuomo). bracket, top row from left: Julian Parker/UK Press via Getty Images. George Pimentel/Wireimage. George Napolitano/Reine Ltd./Corbis. Chris Large/©AMC/courtesy Everett Collection. Ethan Miller/Getty Images. Michael Desmond/©Showtime/courtesy Everett Collection. ©Twentieth Century Fox Film Corporation/courtesy Everett Collection. Gregg DeGuire/Wireimage

Men's Health

A-List Abs+Arms

Tear here and get ripped!

Build an action-hero body with this workout from the trainer who prepped Bradley Cooper for *American Sniper*.

BEST NEW WORKOUT December 2015



DESIGNED BY
Jason Walsh, C.S.C.S., owner of Rise Nation in West Hollywood

BEST FOR
Packing on slabs of rock-solid muscle and torching fat all over

EQUIPMENT
Dumbbells, Valslides, pullup bar, bench, barbell, weight plates, Swiss ball, cable station

CALORIES BURNED
650*

TIME
51 minutes

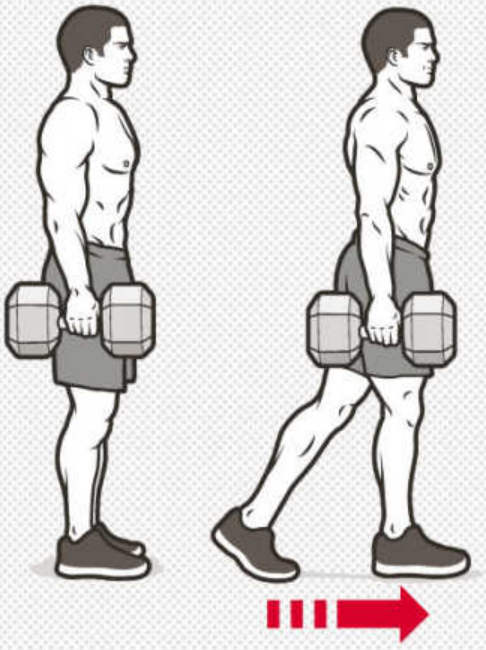
*As measured by a fit, 6'1", 180-pound man using a Polar M400 sports watch

DIRECTIONS
To complete this workout, you'll do 4 different circuits, beginning with circuit A. Perform 1 set of each exercise in the order shown, without resting; then rest for 90 seconds. That's 1 round. You'll do 4 rounds of each circuit; finish all your rounds before moving on to the next circuit. To increase the challenge, do one of the mini-finishers in "Make It Harder!" (reverse side) after completing the final round of each circuit.

A CIRCUIT

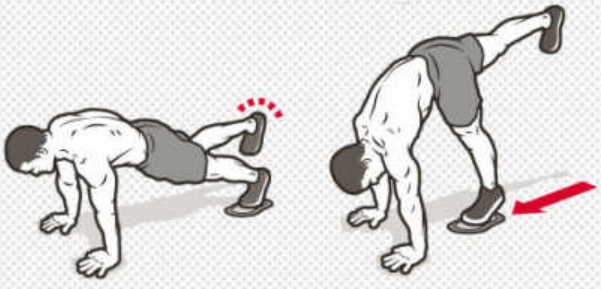
1/ Farmer's Walk

Grab a pair of heavy dumbbells; each one should equal about half your body weight. Let the weights hang naturally at your sides. Turn your wrists forward slightly so your shoulders are rotated down and back. Walk at a slow, controlled pace, taking regular-length steps. Avoid slumping your shoulders and extending your back. **Time: 30 seconds**



2/ Single-Leg Slide Pike

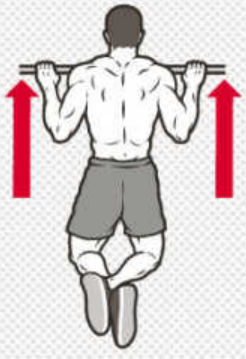
Assume a pushup position with your left foot on an object—like a Valslide, paper plate, or towel—that can slide across the floor. Raise your right foot slightly. That's the starting position. Keep your legs and your upper back as straight as possible and raise your hips as high as you can. Pause at the top; then return to the start. That's 1 rep. Do all your reps and switch sides. **Reps: 10 per side**



3/ Pullup Combo

Hang from a pullup bar using an overhand, shoulder-width grip. Pull your chest to the bar, pause, and slowly lower yourself back down. That's 1 rep; do 3. Then do 3 reps using a neutral grip (palms facing each other) and 3 reps using an underhand grip. **Reps: 9 (3 in each hand position)**





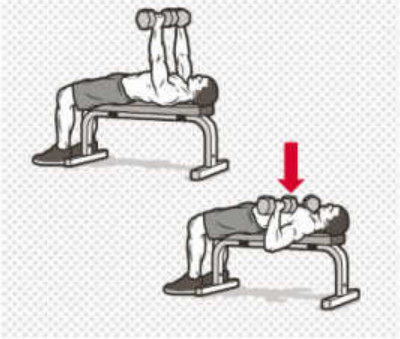
Portrait by MARCO GORAN ROMANO

ILLUSTRATIONS BY +ISM

B CIRCUIT

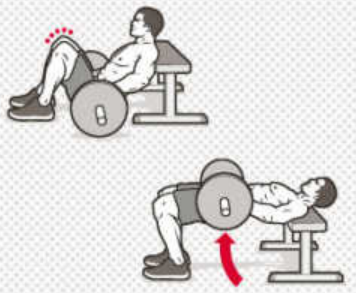
1/ Dumbbell Bench Press

Lie faceup on a bench holding a pair of dumbbells above your chest with your arms straight and palms facing forward. Lower the dumbbells slowly to the sides of your chest; pause, and then push the weights back up to the starting position. **Reps: 10**



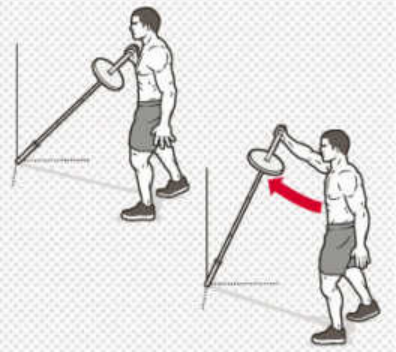
2/ Barbell Hip Thrust

Sit on the floor with your upper back against a bench, knees bent, and feet flat. Place a loaded barbell across your hips. This is the starting position. Squeeze your glutes and raise your hips so they align with your knees and shoulders. Lower back down. **Reps: 15**



3/ Split Stance Landmine Press

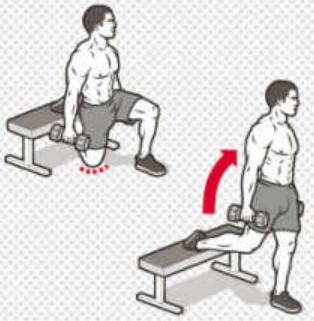
Wedge one end of a barbell into a corner and load the other with weight. Stand with your left foot forward, holding the loaded end in your right hand near your shoulder. Push the barbell away from your body. Pause, and return the bar to the starting position. **Reps: 10 per side**



C CIRCUIT

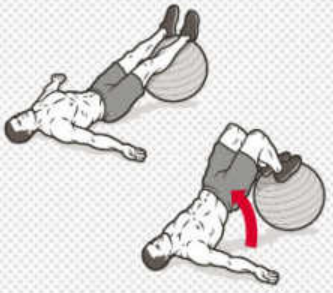
1/ Rear-Foot-Elevated Split Squat

Hold a pair of dumbbells and stand with one foot elevated on a bench behind you. Lower your body until your front knee is bent 90 degrees and your back knee is just above the floor. Pause, and slowly push back up. Do all your reps; then switch legs and repeat. **Reps: 8 per side**



2/ Swiss Ball Hip Raise and Leg Curl

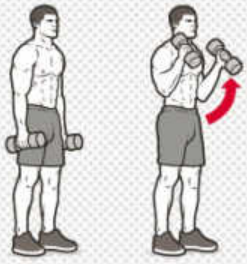
Lie on your back with your lower legs on a Swiss ball, your arms at your sides. This is the starting position. Raise your hips so your body is straight from shoulders to knees. Pull your heels in, bringing the ball toward your butt. Pause, and return to the starting position. **Reps: 15**



D CIRCUIT

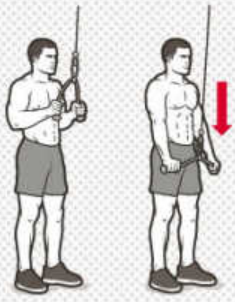
1/ Hammer Curl

Hold a pair of dumbbells at your sides, your palms facing each other. Brace your core. Without moving your upper arms, curl the dumbbells upward, bringing them as close to your shoulders as you can. Pause, and then slowly lower the weights back down to the starting position. **Reps: 12**



2/ Rope Triceps Press-Down

Attach a rope handle to the high pulley of a cable station and stand facing it with your elbows slightly bent. Brace your core. Without moving your upper arms, push the rope down until your arms are straight. Pause, and slowly return to the starting position. **Reps: 15**



MAKE IT HARDER! These "mini-finishers" will gas you. But they'll also help you build more mass.

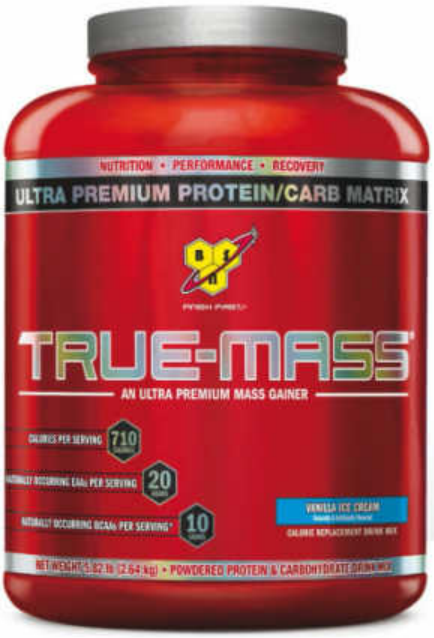
CIRCUIT	EXERCISE	FINISH WITH THE FOLLOWING
A	Farmer's walk	Walk for 60 seconds.
B	Barbell hip thrust	Hold the top of the exercise for 30 seconds.
C	Rear-foot-elevated split squat	Do 8 reps on each leg, then 4, then 2 (no rest).
D	Hammer curl	Hold the mid position as long as you can.



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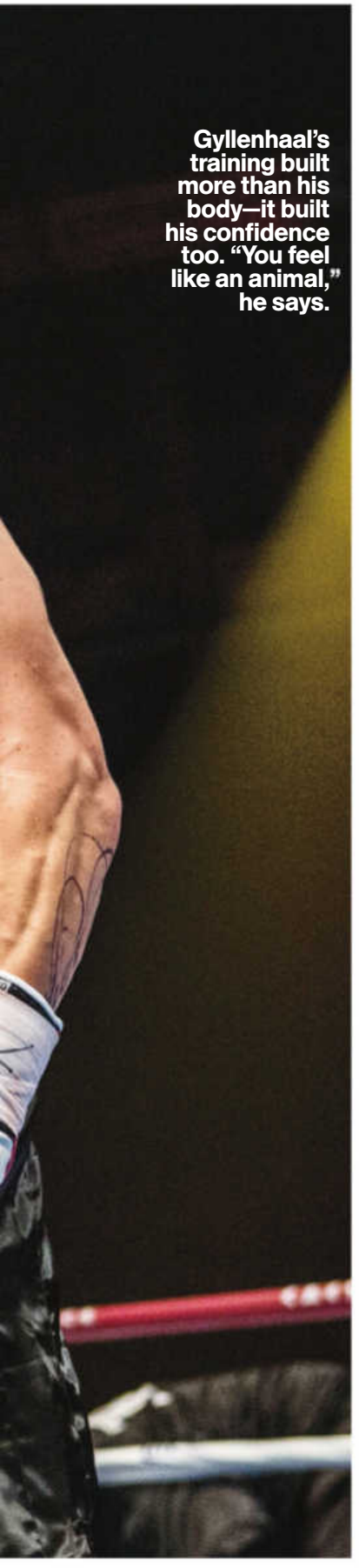
Build Body Armor

JAKE GYLLENHAAL

NOTHING MOTIVATES YOU LIKE A punch in the gut. For boxers, a six-pack is more than armor against body blows; it's a power source, says Terry Claybon, owner and trainer at Lb4Lb Boxing Gym in Los Angeles. "Every time you throw a punch, you rotate and activate your core," Claybon says. It took Gyllenhaal five months of two-a-days with Claybon to pack on 15 pounds of muscle so he could play brawler Billy Hope in the drama *Southpaw*. Along with sparring and boxing drills, Gyllenhaal, 35, did a prodigious number of crunches, twists, medicine ball slams, and leg lifts each day.

To forge your own body armor, work these two moves into your training three times a week: (1) Turn and reach: Place a medicine ball on a waist-high box. Stand with your back to the box and then rotate to your right to grab the ball. Turn all the way to your left, drop it back onto the box, and repeat; do all your reps on that side and then switch and repeat the move in the other direction. By the end of his training, Gyllenhaal was doing sets of 60 reps. Your initial goal: 20 per side. (2) Scissors: Lie on your back with your arms at your sides. Extend your legs and then lift them 6 inches off the floor, keeping your knees slightly bent. Cross your legs right over left, then left over right. That's 1 rep; shoot for 25. Your legs should not touch the ground until all reps are complete.

Shutting that out makes it 'you versus you' time. It's 95 percent hard-core hip-hop. The other 5 percent is Metallica and Disturbed."



Gyllenhaal's training built more than his body—it built his confidence too. "You feel like an animal," he says.



Train Like a Girl

10 RONDA ROUSEY

"Every day I'm learning new strikes, kicks, and submissions," says Rousey, 28, the undefeated UFC bantamweight champ. It isn't just more strength and fitness she seeks but also greater mastery. Her advice for guys seeking octagon-level fitness? "Challenge yourself mentally." And shift gears: If you train in a gym, take it outside. If all you do is lift, do more conditioning. If you lone-wolf it, train with a group.



Rise Up

11 Jordan Kilganon

Named for M.J., this 6'1" Canadian became a dunking legend after posting "Lost and Found," an in-air behind-the-back toss to himself during a 360-degree-turn dunk. In April, the 24-year-old nailed an amazing 75-inch box jump. To elevate your hops, do vertical jumps twice a week, he says. Aim for 40 to 50 jumps per session, and launch at a rim or a spot on a wall.



Track Progress

12 Robin Thurston

Thurston, 43, a former pro cyclist, runs Under Armour's Connected Fitness, which has over 150 million users. As technology for tracking activity, sleep, and nutrition evolves, the software will make smarter and smarter suggestions and help people perform better every day, he says. He uses UA Record, a Jawbone UP, and MyFitnessPal, which aggregate in a single view in MapMyFitness.



Switch to Mobile

13 Kelly Starrett

This physical therapist's book, *Becoming a Supple Leopard*, has made stretching cool again. Starrett's breakthrough: emphasizing how mobility improves performance. Do the three moves below every day.

THE SUPPLE CIRCUIT



Couch Stretch
With your back to a couch, pull your right heel to your butt with your right hand. Tuck your right knee into the couch. Place both hands on your left knee. Hold 2 minutes; switch legs and repeat.



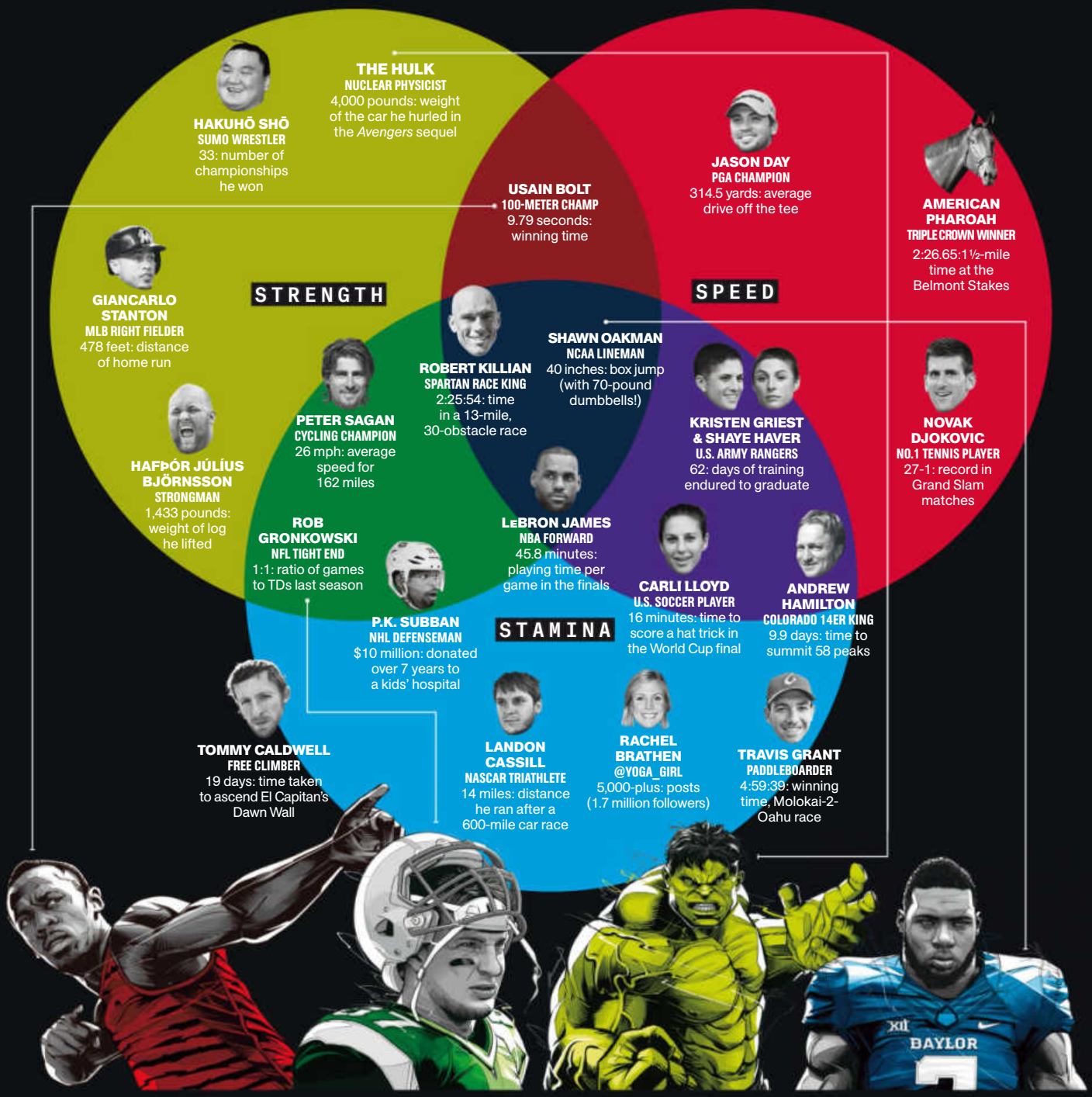
Upper-Back Ball Roll
Duct-tape two lacrosse balls together and lie on them so a ball is on each side of your spine. Hug yourself. Roll left and right for 20 big breaths. Flex forward and back for 20 breaths.



Hip Complex
Assume a deep lunge, left knee on the floor. Place your hands on the floor and lower your torso. Lay your right forearm inside your right foot. Hold 2 minutes. Switch sides.

FREAKS OF FITNESS 2015

History-making feats require stamina, speed, strength, and bravery. A Triple Crown winner, the first female Rangers, and an Icelandic strongman are among the athletes who made this year uniquely memorable. Their jaw-dropping numbers:



MAKE MINOR CHANGES

Bolt's winning edge in the 100 meters was .01 second—the blink of an eye. The Jamaican trains to make such marginal gains. "My coach analyzes the races," says Bolt. "It's small details, like getting the angle right—5 degrees forward of your center of gravity. The key? Practice."

EMBRACE MODERATION

Despite his rep, the Gronk is a master of moderation. In his memoir, *It's Good to Be Gronk,* he writes, "I still haven't touched a dime of my signing bonus or NFL contract money. I live off my marketing money and haven't blown it on fancy cars…I still wear my favorite jeans from high school."

REGULATE BEAST MODE

The Hulk highlights the importance of learning how to channel aggression—that is, how to amp yourself up without losing it, says sports psychologist Jonathan Fader, Ph.D. Use negative self-talk (curse yourself in the third person) as well as positive (it's my moment—here I go!).

JUMP EVEN HIGHER

Leave the box jumps to Oakman, Baylor's 6'9", 275-pound lineman. A lower-impact yet still explosive move is a stepup jump, says *MH* fitness director BJ Gaddour, C.S.C.S. Do a standard stepup, but at the top, jump and switch legs. Do 3 sets of 10 per leg. Too easy? Wear a weighted vest.



Roll a Six-Pack

14 Calvin Harris

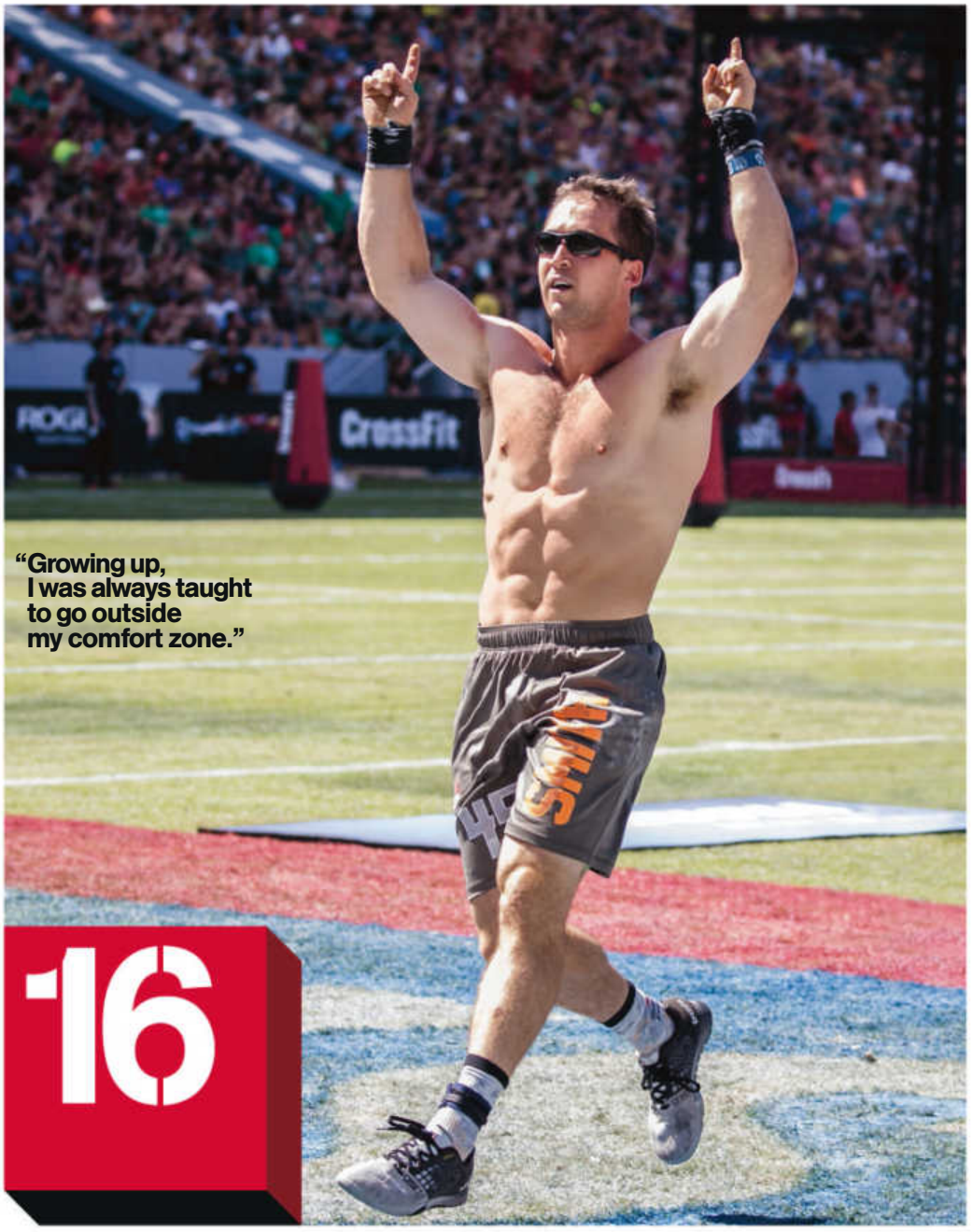
You might recognize Harris from his Armani underwear ads or as Taylor Swift's boyfriend, but the 31-year-old is also one of the world's top DJs. To stay fit on the road, the Scottish teetotaler relies on an ab roller. Check out this ab-wheel drill from trainer Craig Ballantyne: Instead of going straight, roll out at a 45-degree angle. Alternate sides and aim for 3 sets of 15 per side.



HIIT the Road

15 Dierks Bentley

During his 40-city summer tour to promote his Grammy-nominated album *Riser*, Bentley, 40, didn't go soft. "I have a Rogue Fitness rack with barbells and plates, along with kettlebells, slam balls, and jump ropes, in the back of one of our trucks," he says. He also likes to drop in on CrossFit boxes. "The group competition and timed workouts really push me to go harder."



Be CrossFitter Than Anybody

BEN SMITH

THIS YEAR'S CROSSFIT GAMES INCLUDED SWIMMING 1,000 METERS, lifting 203-pound kettlebells, and flipping 560-pound boxes. When the chalk settled, 5'11", 195-pound Smith had earned the title of Fittest Man on Earth. "Go outside your comfort zone," says Smith, 25. "I've done harder things in training than I did in the Games." His specialty is Olympic lifting—heaving barbells off the floor, over his head. (Consult a USAW-certified coach to learn.) These moves helped him: (1) Deficit deadlift: (First, make sure you can do a deadlift without rounding your back.) Stand on a 2-inch platform, use a very wide grip, and do a deadlift. (2) Push press and overhead squat: See right.

BEN'S BARBELL BLASTER



Push Press and Overhead Squat
Before trying this, you must be able to squat perfectly. Grab a bar with a wide, overhand grip from a rack at shoulder height. Dip your knees and push the weight overhead. Squat for 2 reps. That's 1 set. Do 5 to 8.

Previous spread: Scott Garfield/©The Weinstein Company/courtesy Everett Collection (Gyllenhaal), courtesy Jordan Kilganon (Kilganon), Brian Fitzsimmons (Thurston), courtesy Mobility WOD (Starrett); opposite page: The Asahi Shimbun via Getty Images (Hamm), Jason Merritt/Getty Images for Spotify (Harris), Jamie McCarthy/Getty Images for Spotify (Kilgannon), Mike Windle/Getty Images for Spotify (Bentley), Ledger-Enquirer via AP (Griest and Haver), Lintao Zhang/Getty Images (Djokovic), Christian Petersen/Getty Images (Subban), AP Photo/Ron Schwane (James), Mike Zarrilli/Getty Images (Lloyd), courtesy Andrew Hamilton (Hamilton), Corey Rich/Big UP Productions/Aurora Photos (Caldwell), Slaven Vlasic/Getty Images (Brathen), AP Photo/NKP, Nigel Kinrade (Cassill), Aaron Schmidt (Grant); this page: ©Movi Inc./Splash News/Corbis (Harris), Terry Wyatt/Getty Images (Bentley), Jordan Samuel (Smith)

17

Max Out

TOM HARDY

AN MMA BRAWLER IN *WARRIOR*, a buffed-up villain in *The Dark Knight Rises*, a diesel demon in *Mad Max: Fury Road*—Hardy, 38, kicks all kinds of celluloid ass. His dynamic physicality is just another part of the shapeshifting act: "I'm a face puller," he says. "The reality is I'm a bit crap at sports. I just train to look the part." Matt Evans, his CrossFit trainer, gives him full credit. "The hard work, focus, and versatility you see in Tom's acting are mirrored in his training." On set, Hardy works out using a Tactical Gym Box—a jungle gym with stations for dips, pullups, and suspension exercises (beaver fitusa.com). In one of his favorite workouts, he does 3 rounds of this circuit in under 12 minutes: (1) 500-meter row, (2) 24 kettlebell swings (see below), and (3) 12 pullups.



MAD MAX THRUSTER



Kettlebell Swing
Put a kettlebell (Hardy uses 24 kg) on the floor in front of you. Bend your knees to grab it with both hands as if you're going to hike it. Use your butt and hips to swing the weight back and then thrust it up to shoulder height. Keep swinging it back and forth.



18

Fire Up Your Cardio

GREGORY GOURDET

The *Top Chef* finalist is competitive in the kitchen and on the road. Gourdet, 29, best known for creating healthy Asian-inspired dishes at Departure in Portland, Oregon, also gets fired up about running. "I've run 20 marathons and two 50-milers," he says. "Running has helped me realize that if I put my mind to something and work hard, I can achieve it." His prerace fuel: rice, root vegetables, and roast chicken.

Greg Williams/August Image

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PAP93103

1 **HOW DELAY TURNS DEADLY**
Procrastinators may be elevating their risk of early demise. P. 98

2 **24 WAYS TO SOOTHE THE BEAST**
You name the stressor; we'll help you vanquish it. P. 106

3 **THE SOLITARY SOLUTION**
Civilization is noisy. Our man found quiet—and peace. P. 115

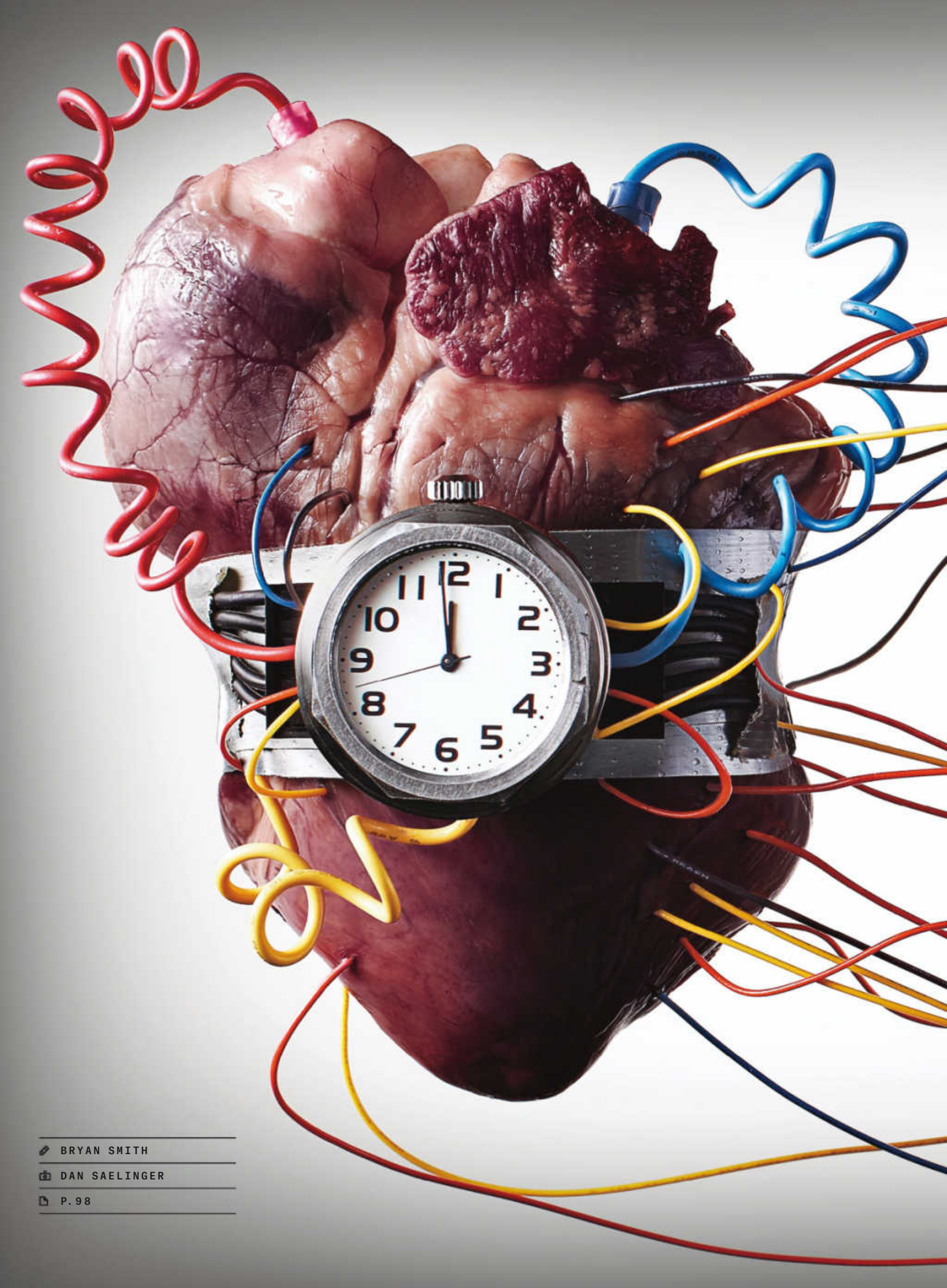


You worry about heart disease. Diabetes. Erectile dysfunction. But you should be stressing about stress, the hidden enabler of all those woes and many more. That's why we've given you the pressure-relief valves in the pages ahead. Crank 'em as if your life depends on it.

DIRK FOWLER

P. 96

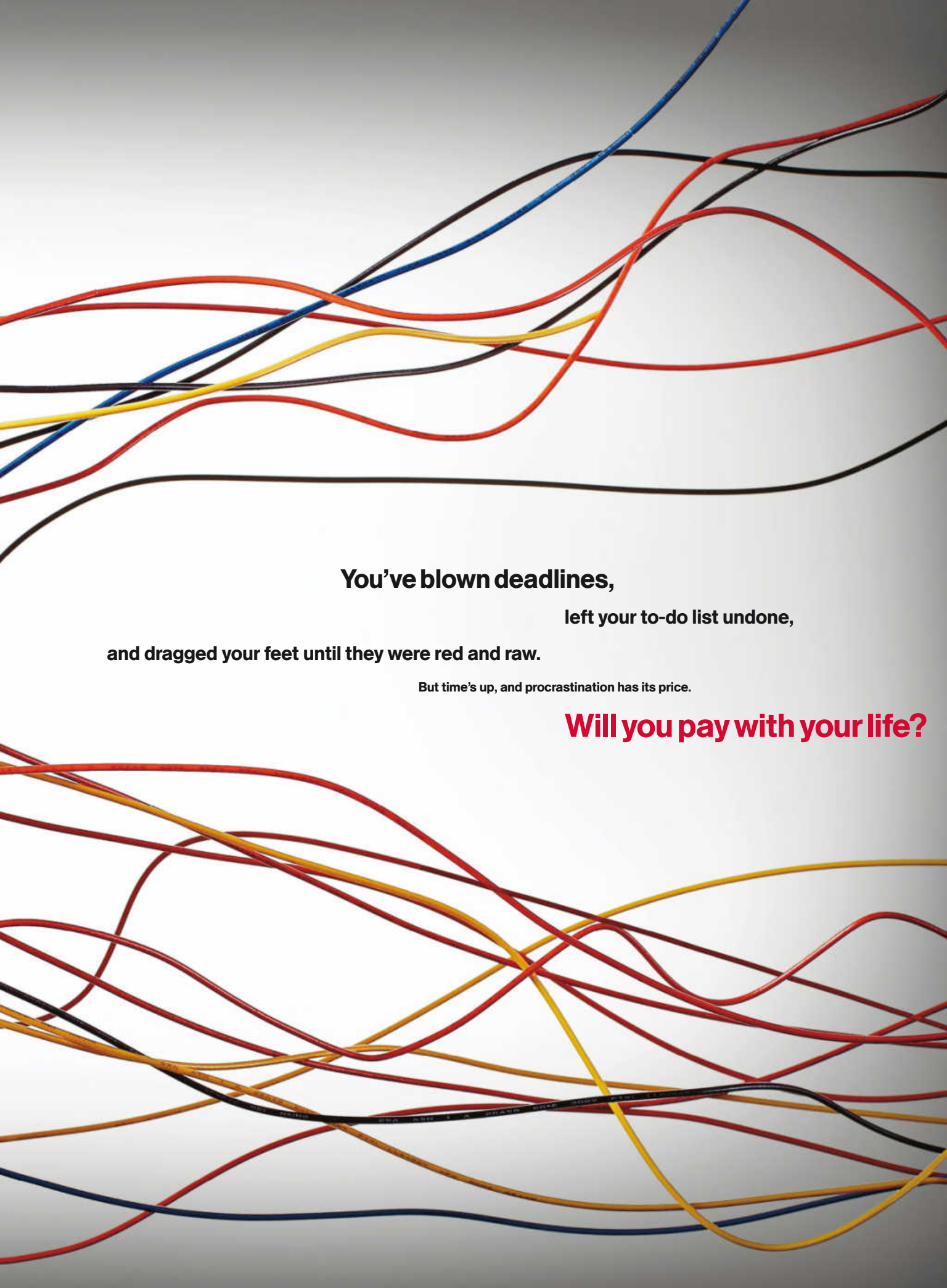




BRYAN SMITH

DAN SAELINGER

P.98



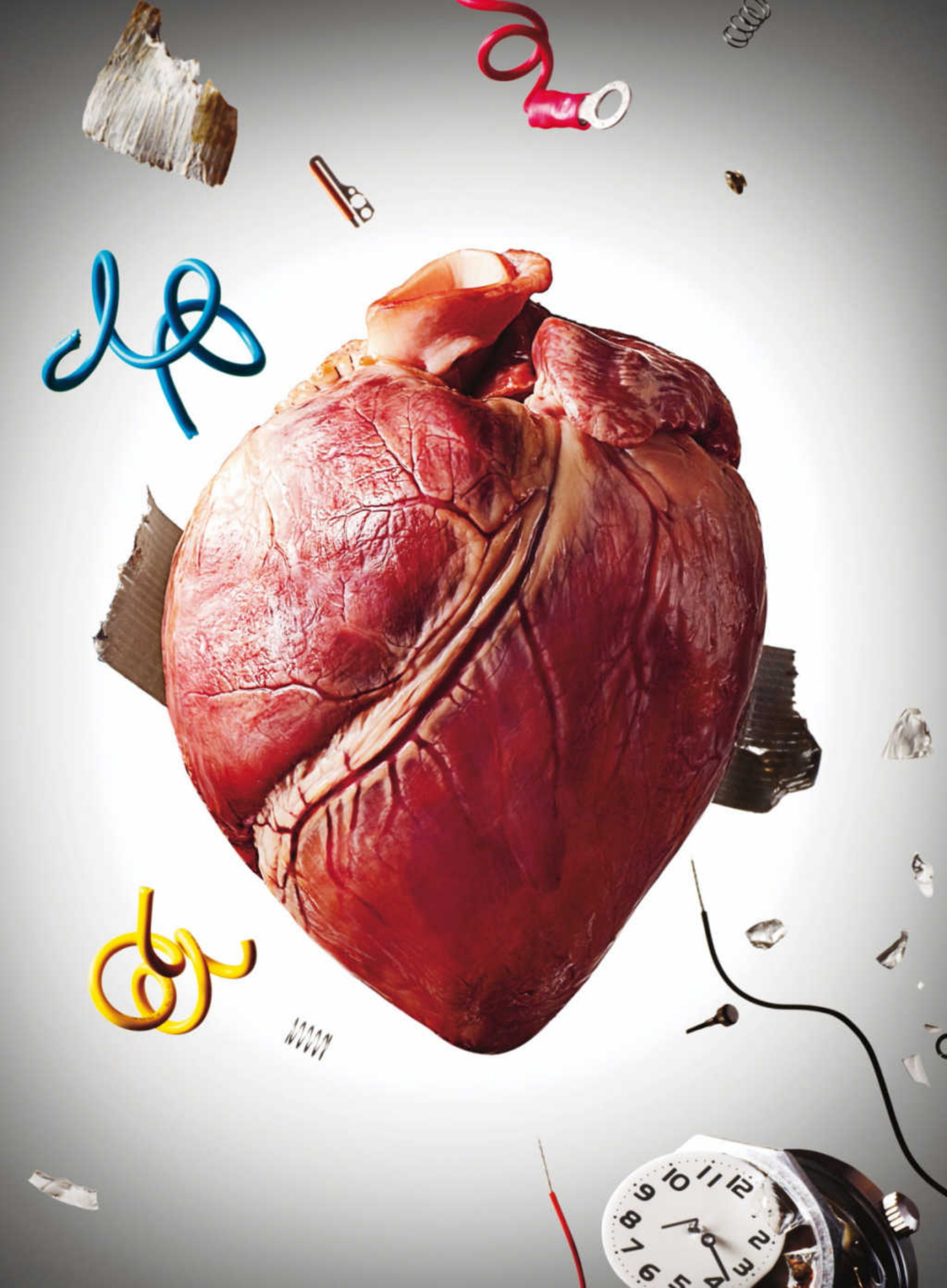
You've blown deadlines,

left your to-do list undone,

and dragged your feet until they were red and raw.

But time's up, and procrastination has its price.

Will you pay with your life?



CARL KNEW HE HAD A PROBLEM.

IT WAS AS OBVIOUS AS THE CRUD-CAKED PLATES PILED LIKE THE LEANING Tower of Pisa in his kitchen sink—three hours after the bachelor had promised himself he'd get down to business and start scrubbing.

In college, Carl would blow deadlines and pull all-nighters cramming for tests he'd known about for weeks. Later, as he settled into the life of a working guy, he would feel a growing dread every spring as the date to file his income taxes loomed closer. He'd delay and delay until finally he'd either panic-file at midnight on April 15 or request an extension, cursing himself for the penalties and interest charges he might accrue.

And then there were the bills. He'd open a couple, vaguely note the due dates, and vow to take care of them on time. But inevitably he'd receive late notices and toss them into a pile with the other unopened mail, knowing that the longer he waited, the harsher his creditors would be. It was nuts, all of it. *I have the money*, he'd scold himself. And in the end he'd always pay. Why couldn't he just take a few minutes, crack open the checkbook, and spare himself the needless torment?

"Each day I put it off, the stress would grow a little more," says Carl. "Eventually there was this constant, pervasive sense of urgency, and even danger, lurking in the back of my mind."

On the spectrum of stallers, Carl is on the extreme end. But even the most punctual among us, when faced with one of life's uphill grades, occasionally slip into idle—from the Christmas Eve panic shopper to the Sunday snoozer with the Serengeti lawn.



TICK, TICK, TICKER… Never mind the red wire: To defuse this time bomb, cut the procrastination.

Prop styling: Birte Von Kampen

"The tendency to delay or postpone may be one of our most basic, universal human behaviors," says Joseph Ferrari, Ph.D., a professor of psychology at DePaul University. "Not only here but also in Canada, Spain, Peru, Venezuela, Italy, Turkey, Poland, Austria, Saudi Arabia…everywhere."

It's also one of our oldest human traits. "Do not put your work off till tomorrow and the day after," the Greek poet Hesiod finger-wagged back in 700 B.C. Ben Franklin singled out "to perform without fail what you resolve" as one of his 13 virtues. And while no evidence exists to prove it, it's no stretch to picture the first caveman crawling back under his saber-toothed tiger pelt at the thought of painting yet another hunting scene on the walls of his living room. There's even a patron saint—St. Expeditus—for procrastinators.

For some, like Carl, the prayers are needed. Facing an unpleasant task of any kind turns into a psychological cage match against a monster of their own making. And recently, scientists have learned that the consequences of these battles may go beyond sleepless nights and self-flagellation. A growing body of research now links chronic postponement with a higher susceptibility to headaches, gastric problems, migraines, colds, and flu, among other maladies. That alone might be enough to spur some procrastinators into action.

Plus, earlier this year came this finding: Chronic procrastination may be deadly.

Fuschia Sirois, Ph.D., a researcher at the University of Sheffield in the U.K., discovered that for each point people scored on a widely used procrastination scale, their chances of having hypertension and heart disease increased by more than 60 percent. That makes this stressor as potentially lethal as a pack-a-day cigarette habit: Daily smokers also have a 60 percent higher risk of heart disease than people who never smoked, according to Canadian research.

"The findings are significant," says Sirois, who was teaching at Bishop's University in Quebec when the study was conducted. "We need to start thinking of the tendency to procrastinate as

something that may increase your risk of developing a potentially life-threatening health condition."

That this particular form of stress would rise above all others in its toxicity was something researchers had long suspected. "It makes sense," says Ferrari, who's published many groundbreaking studies and books on procrastination. "It's already been shown to cause all kinds of other health problems." Given the type of unrelenting, adrenaline-spiking pressure that's the hallmark of procrastination, he adds, the heart would almost have to be particularly vulnerable.

Still, people tend to either make light of the behavior or dismiss it outright as a character flaw. "People will say, 'It's just procrastination. Everyone does it. It's not a big deal.' And that's true, though occasionally it isn't," says Sirois. "When it's a characteristic way of approaching things in life, these findings suggest that it's more than just a bother. It can be dangerous."

That distinction—between the occasional dawdle and wholesale, chronic delay across numerous aspects of life—is the key factor in determining who is vulnerable.

"Everyone procrastinates, but not everyone is a procrastinator," explains Ferrari. The worst offenders—roughly a quarter of the population (and slightly more men than women)—have made it their lifestyle. "They do it at home, at school, at work, in relationships," he says.

For their health to be at risk, procrastinators must also perceive the avoided task as significant and be aware that there will be negative consequences, Sirois says. It's like the alcoholic contemplating just one drink: "You know it's bad. You know you shouldn't do it, but you do it anyway. There is a distinct feeling of acting against your own will," she says.

THE PAPER—AN ESSAY ON CHAUCER—WAS YOUR BASIC KNOCK-it-out 10-pager, with a three-month heads-up to boot. To Sam Harrison, however, it might as well have been a four-volume exegesis on *The Canterbury Tales*. So the Bishop's University liberal arts major did what he usually does with things he'd rather not face: He locked it deep in a corner of his brain to be dealt with later. And there it lurked, for weeks.

So in this case, "later" was 10:30 p.m. the night before the paper was due. Panic, which he'd mostly managed to keep out of his consciousness, grabbed him and shook.

> "PEOPLE SAY, 'IT'S JUST PROCRASTINATION. IT'S NOT A BIG DEAL.' BUT IT CAN BE DANGEROUS."

"I was so stressed that I almost made myself puke that night," recalls Harrison, 23, a participant in Sirois's latest research. "I binged on junk food. I took this weird stress shower. I just needed to feel some hot water on me," he says, marveling at his own agita. As morning dawned, he drifted off. He jerked awake at 9 a.m. with his head throbbing, his chest thudding, the doomsday clock ticking in his brain.

Harrison made the deadline. His grade? Lousy, although after learning of Sirois's findings, he should have been more worried that his heart would fail him.

RESEARCHERS HAVE SPENT MORE THAN A HALF CENTURY watching, recording, and quantifying how we poison ourselves with worry. In 1984, the Whitehall Study, which assessed mortality among British male civil servants over years, linked stress to possible cardiovascular damage. In the three decades since, so much research has reinforced the link between anxiety and cardiovascular calamity that the author of a 2008 review highlighted the 40,000 citations on PubMed, the online research database maintained by the National Institutes of Health.

The trigger for stress can be anything from a car cutting you off on the highway to a dog lunging at you during a walk. The bullet is the biochemical chaos that follows, starting in the

Illustrations by MICHAEL BRANDON MYERS (below); SERGE SEIDLITZ (man with dog)



Stop Stalling!

Ask yourself these five questions to find out if your slacker habits are putting you in harm's way.

1/ Your ideal bedtime is 10:30. When do you hit the sack?

[A] 10:30 (+0)
[B] 11:00 (+1)
[C] after midnight (+2)

Regularly delaying your bedtime is linked to self-regulation problems, a hallmark of chronic procrastination, according to recent Dutch research. It's not that snoozing is unappealing; it's just that procrastinators may have a hard time quitting activities in the moment.

2/ How do you choose a restaurant to dine with friends?

[A] A new place (+0)
[B] Narrow it down, then ask others for opinions (+1)
[C] I'm happy going wherever (+2)

Indecisiveness is a key trait of chronic procrastinators. "They don't want to fail," says Joseph Ferrari, Ph.D., a psychology professor at DePaul University. "So they let someone else choose, and if it's a bad outcome, the procrastinator can blame the other person."

amygdala and then moving to the hypothalamus, the part of your brain in charge of releasing hormones. That tiny chunk at the base of your skull then signals your adrenal glands to send a surge of adrenaline and cortisol coursing through your system. The results are as predictable as they are damaging: racing heart rate, soaring blood pressure, narrowing veins, and juddering heart rhythms that when repeated again and again exact a heavy toll on nearly all aspects of your cardiovascular health. It's like a personal trainer who's out to kill you.

Fanged beasts and passing-lane idlers certainly cause stress, but those provocations are not nearly as potent as the cyclical self-torture of a procrastinator. The mechanics of that behavior make it uniquely harmful, Sirois says. "It's not just about the stress of last-minute scrambling to get things done," she says, though she does acknowledge that such spikes do happen and can be deeply damaging. It's everything from the ratcheting anxiety of a looming deadline to the panic-filled moment of truth when a procrastinator can no longer avoid the unpleasant task. Then there's the guilt and shame of consequences, such as the black mark on a college transcript or the crater in a credit report.

In designing her landmark study, Sirois combined the enormous body of literature on unrelenting tension and its effects on heart health with her own observations. "One of the things I found in the past 10 years was that procrastinators have consistently higher stress levels," she says. "I also knew that this was partly because they employ ineffective coping strategies."

Sirois divided nearly 1,000 volunteers into two groups—those who were physically healthy and those who reported heart problems—and then used a questionnaire to assess their proclivity for procrastination. The volunteers were presented with 20 statements—such as "In preparing for some deadlines, I often waste time by doing other things"—and asked to rank them on a scale of 1 (not true of me) to 5 (very true).

When Sirois analyzed the study data, the link came into devastatingly sharp relief: The volunteers who tested high for delaying their way through life were much more likely to come from the group with heart problems.

It made sense. "Imagine you have a stressor. Now you beat yourself up and you stress even more—and the last thing you want to do is deal with that stress, so you walk away from it. That means it's going to continue and the stress is going to go up and up." And that's when your heart takes a beating.

The dynamic begins the moment the procrastinator decides to put something off. From there, a subconscious but corrosive stress goes to work. The deadline may be months away, and he may have managed to bury the reality that it must one day be faced. But on some level it smolders. As time passes and the deadline looms ever larger, fissures open in the walls of denial. Patching the cracks requires more and more time and energy, compounding the stress. He may experience panic spikes—and with them, heart-punishing floods of adrenaline and cortisol. Forcing the inevitable back into its mental hiding place takes even more psychic effort and is less successful. That, says Sirois, "can lead to even more fluctuations and wear and tear on the cardiovascular system." Finally, the dreaded event arrives, the stress crests, and the battle ends. But the damage is done.

There's also a more indirect danger. Sometimes the procrastination is so pervasive that it not only leads to disease but also interferes with a timely diagnosis and treatment. Checkups are either postponed or simply never scheduled. Sufferers note their symptoms—"Was that a chest twinge again?"—and then add them to a mental to-do list that never includes a deadline. They file away, and forget, lifesaving diagnostic tests that everyone should undergo at certain ages, such as colonoscopies.

At the root of such potentially catastrophic avoidance, says Sirois, is a simple yet primal force: fear—of the medical procedure, of what it will detect, and, ultimately, of dying.

"When you're dealing with an unpleasant stressor, what do you think procrastinators are going to do?" Sirois asks. "They're just going to step away from it. The problem is that these coping strategies actually increase stress because they don't do anything to deal with the situation they're avoiding."

ONE BY ONE, THE STUDENTS ARRIVE AT SIROIS'S LAB, A WARREN of offices tucked into a century-old red brick hall on the fringe of the Bishop's University campus in Sherbrooke, Quebec. Every person there is an admitted procrastinator.

They've been told that they're participating in research that will measure their empathy. And that's true…partly. The hidden objective is to see how they physically react to scenarios in which they're asked to help a fellow CONTINUED ON P. 126





BRING BOWSER TO WORK

In a study from Virginia Commonwealth University, folks who brought their dogs to work reported feeling 11 percent less stressed at day's end. If your workplace isn't pet friendly, meet a close friend for lunch. According to study author Sandra Barker, Ph.D., congenial banter can be similarly uplifting.

3/ How does your office look right now?

[A] A bit of paperwork on the desk, but nothing too crazy (+0)
[B] All sorted, labeled, filed (+1)
[C] A mess—pileups on physical and virtual desktops (+2)

Desktop sloppiness says you're stressed about deciding which papers to dump. But according to Fuschia Sirois, Ph.D., of the University of Sheffield, England, being anal could mean you're using organization as an excuse to avoid doing what needs to be done.

4/ You watch a favorite show. How long are you on Netflix?

[A] Just for the one episode (+0)
[B] At least an hour or two—it's hard to pull myself away (+1)
[C] The rest of the night (+2)

Delaying unpleasant tasks goes hand in hand with being sucked into mindless activities, says Sirois. A tendency to burn hours watching *Homeland* is an example of extreme escapism, which in all likelihood transfers to other areas of the binge-watcher's life.

5/ Which statement best describes your outlook on life?

[A] I care more about getting ahead; I want to succeed (+0)
[B] I care more about getting along; I want people to like me (+2)

At its core, procrastination has a people-pleasing aspect to it, says Ferrari. "If you're very concerned about what other people think of you, then you might accept—and then put off—projects you can't really take on, because you want to make a good impression," he says.

Your Score

0–3 Deadline Driven
You probably haven't dawdled a day in your life. Ease up and blow things off sometimes.

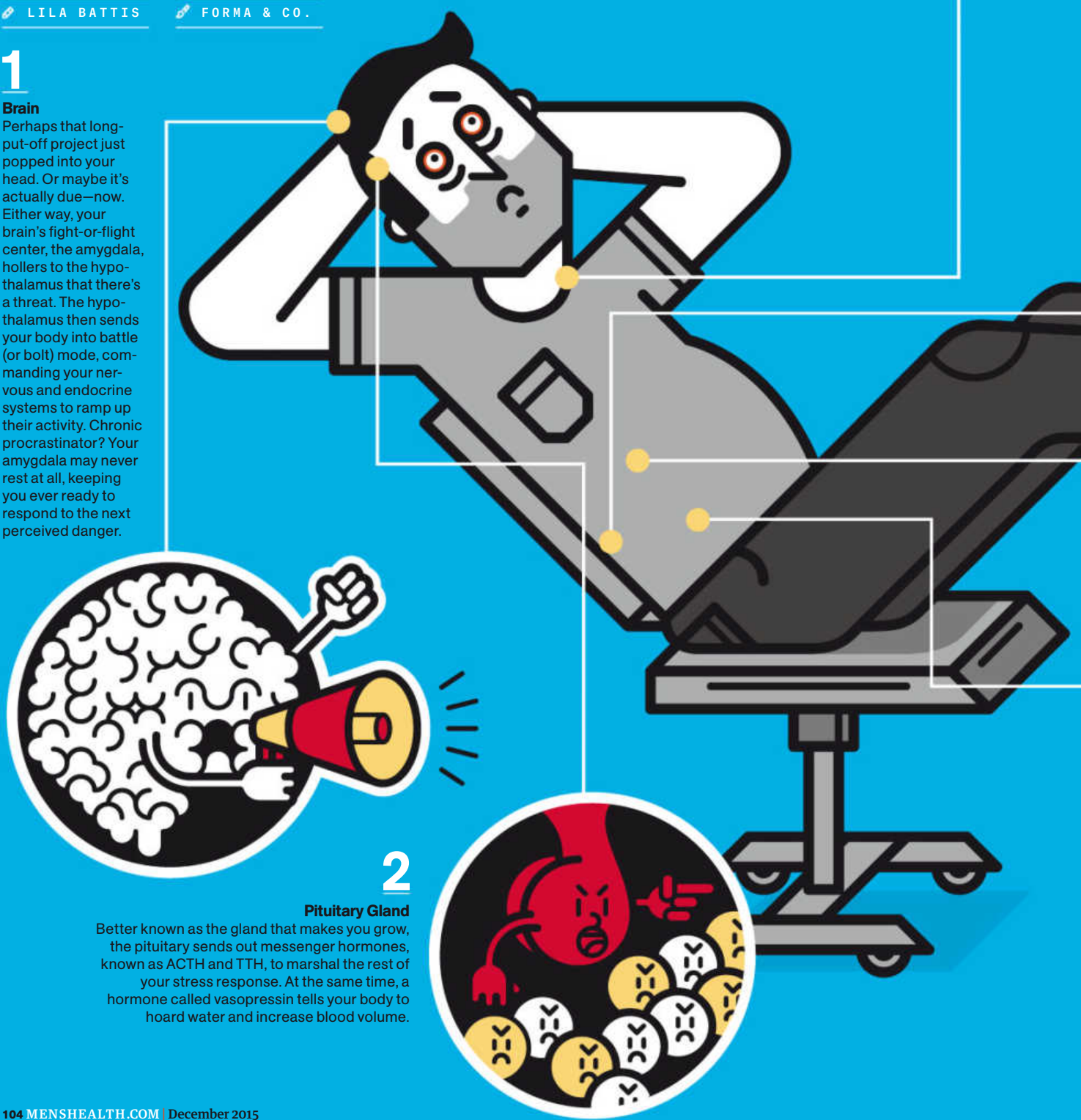
4–6 Borderline
Tempted to stall? Commit to five minutes of work. Momentum can carry you.

7–10 Procrastinator
Your delays may be deadly. Don't blame yourself. Ask, "What do I need to get started?"

HOW PROCRASTINATION IS KILLING YOU

Fuschia Sirois, Ph.D., who studies procrastination at the University of Sheffield, England, unravels the double whammy of anticipatory anxiety and panic that come from avoidance behaviors.

LILA BATTIS | FORMA & CO.



1

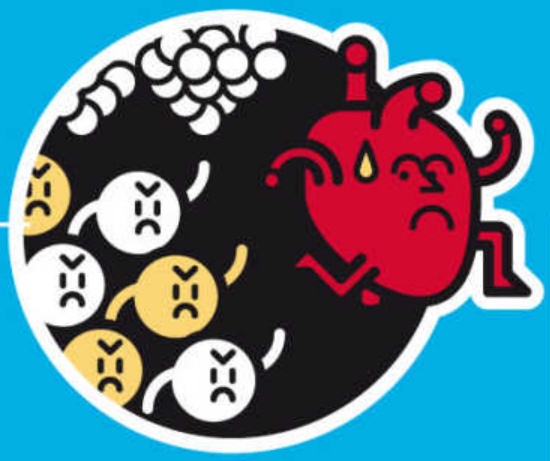
Brain

Perhaps that long-put-off project just popped into your head. Or maybe it's actually due—now. Either way, your brain's fight-or-flight center, the amygdala, hollers to the hypothalamus that there's a threat. The hypothalamus then sends your body into battle (or bolt) mode, commanding your nervous and endocrine systems to ramp up their activity. Chronic procrastinator? Your amygdala may never rest at all, keeping you ever ready to respond to the next perceived danger.

2

Pituitary Gland

Better known as the gland that makes you grow, the pituitary sends out messenger hormones, known as ACTH and TTH, to marshal the rest of your stress response. At the same time, a hormone called vasopressin tells your body to hoard water and increase blood volume.



3 **Thyroid Gland**
The arrival of TTH tells your thyroid gland to pump out (you guessed it) thyroid hormones. They in turn stoke your metabolism, causing your heart rate and blood pressure to shoot up.



4 **Adrenal Glands**
Meanwhile, ACTH has appeared in your adrenal glands, opening the hormonal floodgates so that adrenaline, noradrenaline, and cortisol pour into your body. These stress hormones prime your muscles, tax your lung function, and pause all nonessential operations in order to conserve and focus resources. Eventually, daily exposure to cortisol makes you less sensitive to its effects.

5 **Immune System**
Since your body doesn't know if it's facing a lion or lymphoma, infection-fighting white blood cells begin circulating, along with a commensurate amount of cortisol to keep their numbers in check. But your delaying ways may leave you resistant to cortisol, allowing rampaging white blood cells to cause damaging inflammation.





6 **Visceral Fat**
Your adrenal glands require extra energy to keep pumping out stress hormones, so your body creates a reserve by packing fat around nearby organs. These stores of visceral fat will soon start to release even more inflammatory molecules. Next up: a heart attack by way of insulin resistance and elevated LDL cholesterol.

24 WAYS TO SMILE THROUGH LIFE'S STRESS STORMS



EDITED BY CLINT CARTER
GREGG SEGAL
P.107



Into each life chaos comes: missed deadlines, loaded diapers, skipped workouts, blown chances. Use our simple strategies to chill without a pill.

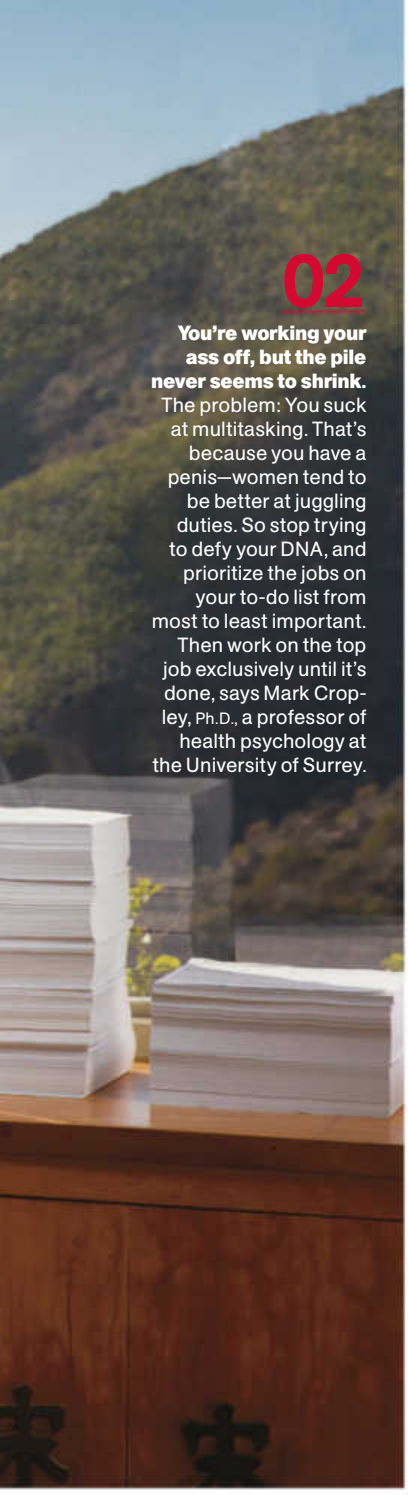


Around 1935, when rat studies began to connect environmental pressures to health problems, people never used the expression "stressed out." Instead, they'd talk about being "hungry" or "overworked" or "sick and tired of wearing this stupid fedora"—all problems with specific solutions. And that's really the best way to think of stress now: not as a mountain too high to climb, but as a series of smaller hurdles that you can take on individually. We went looking for science-driven solutions to life's biggest stressors. Ready to make your life calmer and easier? Read on.

THE GRIND

01/ Your drive to work is so infuriating that you show up in a bad mood almost every day. You're not alone: The average car commuter wastes about 42 hours a year in rush-hour traffic, according to the Texas A&M Transportation Institute (TTI). Your best option is

Previous spread: Theory dress. Jason of Beverly Hills bracelet. Tommy Hilfiger suit and shirt. Marc Jacobs tie. Jimmy Choo shoes (on both)



02

You're working your ass off, but the pile never seems to shrink. The problem: You suck at multitasking. That's because you have a penis—women tend to be better at juggling duties. So stop trying to defy your DNA, and prioritize the jobs on your to-do list from most to least important. Then work on the top job exclusively until it's done, says Mark Cropley, Ph.D., a professor of health psychology at the University of Surrey.

cycling to work: According to a study in the journal *Preventive Medicine*, car commuters are 13 percent more likely to report trouble concentrating than people who walk or bike to their jobs. If pedal pushing isn't an option, then you'll have to become a road scholar: Rush-hour traffic peaks at 8 a.m. and 6 p.m., according to TTI data. Traffic-mapping apps like Waze and Inrix can help you determine your best times to travel in order to beat the road congestion. Bonus: Start showing up at work early, and you just might raise your odds of pulling off the stress-busting tip to your immediate right.

Michael Kors shirt, Topman pants and belt, Marc Jacobs tie, Cole Haan shoes (above); Hack Your Stress illustrations by SERGE SEIDLITZ

HACK YOUR STRESS



FIND SOMETHING YOU CAN SQUEEZE

In a Japanese study, people who were instructed to hug a 32-inch human-shaped "pillow phone" during a conversation felt less stressed than those talking on normal cellphones. Unless you happen to own a hug phone, we recommend you hug your dog, a laundry bag, or Larry in accounts payable. He's so soft!



FIGHT YOUR WAY TO THE TOP

Earning a corner office isn't easy, but once you have it, you might chill out a bit: The more control you have, the less cortisol—a stress hormone—courses through your veins, Harvard researchers found. People in leadership jobs also experience less anxiety... and in most cases, way more swagger.

03/ Nonstop emails make you want to shoot your computer.

Stop treating email like a chat room: Constantly checking your inbox may lower your functional IQ by nearly 20 points, a British study found. So turn off the dings and check in four to five specific times daily, says David Posen, M.D., author of *Is Work Killing You?* Each time, knock your unread emails down to zero—either answering them or filing them for later—and then go back to work. You'll do more and worry less: UC Irvine research found that working without the ability to check email equaled less stress.

04/ You can't stop thinking about work when you leave.

Clothes make the man…stress out. In a Northwestern University study, people wearing lab coats were more attentive to their work than those dressed in sloppy painters' coats. The same thing may happen to you when you put on your job uniform. "You're stuck in work mode," says Cropley. So starting tomorrow, leave the office and change into an after-hours uniform, one that's better suited to the gym, yard work, or playtime with the kids. That simple change will help you mentally enter a new phase of your day.

05/ You didn't save enough to get your kid to college.

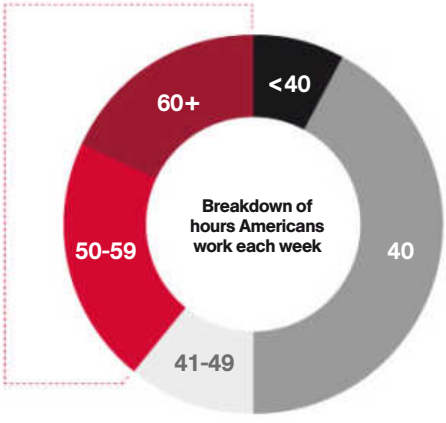
Or maybe you saved just the right amount: Students who get financial help from parents for their education have lower GPAs, according to research from UC Merced. Suggest a funding strategy that begins with local scholarships; these generally pay less but have hundreds of thousands of fewer applicants. Then have the kid fill out a FAFSA form. That's how the government determines who receives education assistance and who's eligible for campus work-study jobs to help cover tuition.

06/ Your credit card bill inches up faster than you can pay it.

Here's your three-step plan for escaping the interest trap: Transfer all your debt to a new card with zero percent APR, says Farnoosh Torabi, a financial education partner with Chase Slate. Some, like the American Express Blue Cash Card, charge no interest for the first 15 months. Next, figure out how much you need to pay each month to bring your debt down to zero before interest kicks in, and set that figure as your automatic payment. Finally, shred all your cards. Until your debt is paid off, you're using cash only.

07 You put in the longest hours at your office, but nobody even notices.

39 percent of people work 50 hours or more a week, according to a Gallup poll.



We bet the cleaning guy notices—and wishes you'd get the hell out of his way. Sure, being seen working a little late sometimes can be good for your career. But the hard-working strategy can backfire: Your productivity starts to plummet when you hit 50 hours a week, according to Stanford research. If you clock out at a reasonable time, you may end up accomplishing the same amount of work—and have more time to drink martinis with beautiful women.

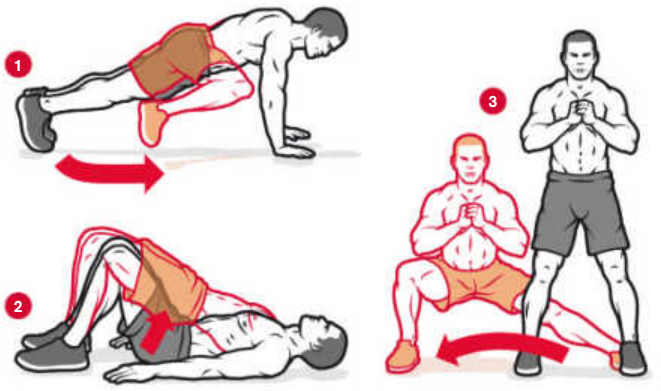
BODY GRIEF

08/ There's this guy you know who seems to be getting older, rounder, and a little slower...
Your "friend" should admit that he's lost a step and gained some pounds. "Accepting that you naturally lose muscle mass and fast-twitch muscle fibers as you age is an important step toward setting new goals," says sports psychologist Barbara Walker, Ph.D. "Those who embrace a lifestyle of fitness—recognizing that the value lies in enjoying the activity and feeling good afterward—are more likely to stick to a program." Maybe that's why races and lifting competitions have age groups. Whether your sport is cycling or CrossFit, sign up for a competition. Then, instead of trying to hit your old times (or squeeze into your old suits), just try to win in your age group. And if something starts to hurt, see a PT. Your body can't take the abuse like it used to, old man.

09/ You want to exercise and eat healthy, but you feel like you lack the discipline.
Get your bed examined. "When men are sleep deprived, they are biologically driven to put as much food as possible into their bodies to keep going," says Daniel Neides, M.D., medical director of the Cleveland Clinical Wellness Institute. "And they don't have as much energy to move." In a Mayo Clinic study, sleep-deprived people took in nearly 560 extra calories a day (probably while they were yawning). Aim for seven to nine hours of shuteye each night. Want to crash but can't? Keep reading.

10 Your knees creak like a door in *American Horror Story*.

Knee pain relief may begin with improved hip flexibility, says San Diego exercise physiologist Pete McCall, C.S.C.S. So do this workout two or three times a week.



1/ High Plank with Spiderman Alteration
From a high plank position, bring your knee to the outside of your elbow. Pause, return to a plank, and repeat with the other leg. That's 1 rep; do 3 sets of 6.

2/ Glute Bridge
Push through your heels to raise your hips so your body forms a straight line from knees to shoulders. Pause; slowly lower. Do 3 sets of 12, resting 30 seconds between each.

3/ Lateral Lunge with Trunk Rotation
Step right, bending your right knee, and sink into a side lunge. Pause, rotate your torso to the right, and return to the start. That's 1 rep. Do 8; repeat on your left side.

11/ Your bed is where you lie awake and stare at the ceiling.
Life-changing shuteye begins an hour before bedtime, says *MH* sleep advisor W. Christopher Winter, M.D. Starting tonight, that's when you'll shut off your TV, computer, tablet, and phone. The blue light emitted by these slumber saboteurs can lower your body's levels of melatonin, a hormone that regulates sleep, says Dr. Winter. If you can't (or won't) power down entirely, then dim the screens to their lowest setting and keep them at least 14 inches from your face. That may temper the sleep-stifling effect, a Mayo Clinic study suggests. Then, when you hit the sack, forget about the objective at hand (slumber, that is), and focus on deep breathing. "If you try too hard to fall asleep, you never will," says Dr. Winter. Use the 7-7-7 pattern: Inhale for 7, hold for 7, and exhale for 7 until you drop off. Still suffering in the land of the conscious? Well, what's on your mind, chief? If it's a specific task—like a rent check you forgot to write or an email you need to send—get out of bed and tackle it right now. Sure, it'll interrupt your time in bed, but by the time you return to the sack, you'll have acquired some sleep-inducing peace of mind.

12/ Alzheimer's has claimed one relative, and now you're freaked it'll hit you too.
"Your genes are not your destiny," says Richard Isaacson, M.D., director of the Alzheimer's Prevention Clinic at Weill Cornell Medicine. But you need a defense plan. First, learn a new language or instrument. In a 2014 Mayo Clinic study, people at risk for Alzheimer's who challenged their brain delayed its onset by nearly nine years. Next, eat fatty fish and have your vitamin D level checked. If it's not up to par, take a supplement. Research links low D levels with increased Alzheimer's risk, and higher omega-3 fat intake with decreased risk. Finally, sweat: Cardio and weightlifting can help clear amyloids—proteins implicated in Alzheimer's—from your brain, and a slim waist offers cognitive protection. "The bigger your belly, the smaller the memory center in your brain," says Dr. Isaacson.

HACK YOUR STRESS



KNIT YOUR OWN WINTER SCARF

British researchers who surveyed 3,514 knitters (who knew there were so many?) found that stress levels fall as knitting-session frequency rises. Prefer jigsaw puzzles? That'll work too: In a UC Merced study, people reported a third less stress while engaging in leisure activities of any sort.



EAT A PAPAYA AND RED-PEPPER SALAD

In a study from Germany, people who consumed high doses of vitamin C were more adept at handling the stress of math problems and public speaking. A cup of mashed papaya has 140 mg of vitamin C, or about double that of an orange. And red peppers, at 190 mg per cup (chopped), are a C powerhouse.



13

Working out doesn't bust stress like before. Mix it up with tai chi. Here's why: This martial art's slow, deliberate movements can bestow a monklike zen, say researchers in Switzerland. In the study, beginners who attended two hour-long tai chi sessions a week for 12 weeks were calmer and 41 percent less stressed after a mock job interview than those who did not take the class. Nunchuks optional.



14

You and your wife argue about basic household chores. In a Pew survey, equal division of chores fell just behind fidelity and good sex on the list of things that make marriage work. Discuss it over dinner; people may be more aggressive when their blood sugar levels are low, say Ohio State researchers. Draft a clear set of expectations. It ain't sexy, but over time, it can lead to more sex.

One Day, Zero Stress

Hit a few daily milestones and you'll be as relaxed as Buddha—without the big belly.

6:00 A.M.

7 A.M.
Rise and Relax
Wake up 10 to 15 minutes early and start with a deep-breathing exercise while sitting on your bed. A peaceful morning will follow you into the day.

7:45 A.M.
Eat Your 21 Grams
…of protein. People who ate that much maintained lower heart rates during the work that followed, a *British Journal of Nutrition* study found.

10:30 A.M.
Peace Out
Productivity is best with 60- to 90-minute bouts of hard work. Then take a 15-minute meditation break to maintain your cool and improve cognitive function.

12:30 P.M.
Pop a Pill
A daily multivitamin can help ease feelings of stress, anxiety, and depression by as much as 26 percent. Take it with lunch and you'll absorb more nutrients.

2:55 P.M.
Walk with Colleagues
This is typically the least productive time of the day, but a walking meeting will energize you. Bonus: Head outside to a park. Nature is a proven stress buster.



12:00 A.M.

6:00 P.M.
Pull an Irish Exit
Fact: Overworked guys are less productive and more likely to die young. So escape the office at a decent hour. More than 50 hours a week is too many.

6:30 P.M.
Do Burpee Therapy
Working out may have a stress defense effect similar to that of meditation, and it creates a psychological buffer between the office and your home.

7:45 P.M.
Let It All Out
Talk about your day to your wife, pals, or goldfish. You'll develop a stronger sense of control, especially if you focus on difficulties that you overcame.

11:00 P.M.
Flip the Kill Switch
Research shows that sleep deprivation can make you feel more stressed and angry. You don't want to be the guy who blows up at the copy machine, do you?

Sources: Cheryl A. Kennedy, M.D., associate professor of psychiatry, Rutgers New Jersey Medical School; Joan Kuhl, founder of Why Millennials Matter, a career consulting firm; Siobhan Banks, Ph.D., psychiatry researcher, University of Pennsylvania

LOVE & PALS

15/ Your wife hates her job, and you hate hearing her gripe about it every night.
Dude, your game plan is simple: Make sure she knows you support her fury, says Pittsburgh psychologist Nancy Mramor Kajuth, Ph.D. When she's under stress, she's going to vent. But in a Harvard study, women reported feeling more relationship satisfaction (read: less stress) when their partners empathized with their negative emotions. It doesn't matter if her gripes are reality-based or not. Let her vent; then say, "Babe, your boss blows." Now move on and enjoy your evening.

16/ Your best buddies live in other states, and now you're all starting to drift apart.
There's a reason phone chats with old pals feel awkward: Men bond best over shared goals. "It's like how guys used to get together to work on a car," says Ronald Levant, Ed.D., a professor of psychology at the University of Akron. So find your engine to rebuild: It could be a Tuesday night Xbox tournament or a fantasy league for just your high school pals. Now you have something serious to (trash) talk about.

17/ The new dating apps like Tinder are based on looks. And you're no Ryan Reynolds.
Download the dating app Hinge (hinge.co). It puts the focus on your killer personality by pairing you with people you have mutual friends with on Facebook. "It shifts the emphasis from looks to common interests and goals," says Zach Brittle, author of *The Relationship Alphabet*. Of course, you value brains *and* beauty. So update your profile pic so your gaze is pointed off-camera and you're not smiling. OkCupid data suggests that this will make you more attractive to…your future wife?

FLIGHT ACHE

18/ The thought of lost luggage gives you anxiety.
Relax, pal. Plan ahead and you'll be insured twice, says George Hobica, founder of airfarewatchdog.com. First by the government, which requires airlines to reimburse up to $3,400 on domestic flights, and second by a credit card that offers lost or delayed bag insurance—like Chase Sapphire Preferred and Citi/AAdvantage Platinum Select. The cards will even cover electronics and jewelry, which the airline might not see as vital for the 48 hours your bag was lost on Ibiza. Just use the card to book the flight, and you're protected.

19/ Delayed flight. Now you may miss your connection.
A long line of angry passengers will be waiting to rebook at the gate. Stay away from them. Instead, call the airline: You'll cut in front of everyone in line and increase your odds of snagging the last available seat on a connecting flight, says Zach Honig, editor-in-chief of the travel site The Points Guy. Still stressed? Look for a spa in your terminal. A 45-minute massage can greatly reduce your levels of the stress hormone cortisol, according to research from Cedars-Sinai Medical Center.

20/ Vacation planning sucks. It feels like you're just deciding between tourist traps.
Stop being a control freak. You'll have a better time and more unique experiences if you keep your itinerary loose and flexible, says Mramor. Do this: Pick one or two sightseeing spots, and once you're there, ask around. Because who works at "tourist traps"? Locals! So after taking your cheesy Leaning Tower of Pisa picture on day one, ask the guys selling overpriced gelato where they hang out on the weekends. That's where you'll go tomorrow.

HACK YOUR STRESS



WATCH AN AMY SCHUMER CLIP

Stress has no sense of humor. After viewing 20 minutes of comedy, participants in a Loma Linda University study had significantly decreased levels of cortisol, a stress hormone that can hinder focus. Just shut your door before you start cackling in the office. Some of us are trying to work here.



THINK WHILE YOU WASH

In a study on mindfulness at Florida State, people who washed dishes while thinking about the smell of the soap, the temperature of the water, and the texture of the bubbles felt less stress than they had beforehand. Those who focused on just getting the dishes clean didn't see this benefit.

YOUR DIGS

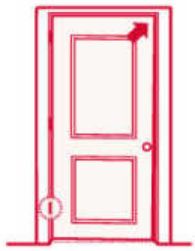
21/ Your kitchen table has become a repository for mail, car keys, and pocket lint.
You need a clutter interceptor, says Lisa Zaslow, CEO of Gotham Organizers in New York City. Just inside your front door, install three things: a box or tray for mail; a corkboard for bills and letters that need attention; and a small basket or tray for keys, earbuds, and other random items. Then, every time you're about to take out the trash, toss the junk in the curb-bound bag. "You'll be more likely to stick to your new clutter-free habit if you piggyback onto something you already do regularly," Zaslow says.

22/ Your neighbor likes to crank Skynyrd right about the time you like to go to sleep.
Build some rapport so the guy starts thinking of you as a pal, says Marty Latz, author of *Gain the Edge!* and founder of the Latz Negotiation Institute. Try this: Knock on his door with a couple bottles of your favorite IPA and ask if he has time for a drink. Start with small talk ("You been having problems with paper delivery too?") before moving to the real issue: "I wanted to chat because your music can be pretty loud sometimes." Let him know you'd like to figure out a music schedule that works—maybe earlier in the evening, or while you're traveling. As long as you don't lose your cool, says Latz, he'll probably work with you.

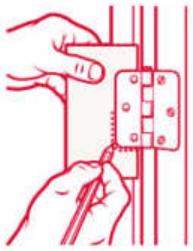
23/ You love your new kid and all, but now your once-serene home is a giant playpen.
Let us guess: The toy box is in your room. "The key is to spread storage all over the house," Zaslow says. That way you'll actually use it. For the living room or den, use decorative baskets. In the front hall, hooks to hang a stroller and diaper bag. And in your bedroom—well, try to make that a toy-free sanctuary. The activity that makes babies is more likely to occur if you're not stressed about the one you already have.

Contributors
Andrea Stanley, K. Aleisha Fetters, McKenzie Maxson, and Moira Lawler

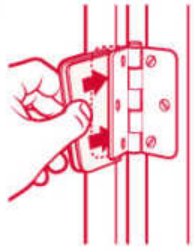
24 Your door sticks. It's difficult just to open and close the lousy thing.



1/ Identify the Problem
Find where the door is rubbing against the frame. Big gap at the bottom? It's probably touching at the top. The hinge you need to adjust is diagonal from the too-tight spot.



2/ Cut your Shims
Unscrew the hinge and trace the outline onto the cardboard from a six-pack or tissue box. Use a box cutter to carve out the shape; repeat until you have 10 hinge-sized shims.



3/ Force the Hinge Out
Reattach the hinge to the door and frame, using three shims to push it out on each side. Repeat using two shims for the door's center hinge. If it still sticks, add more shims.

Source: Ronnie Norman, VP of RF Installations, a national installation service in Arlington, TX

Hair: Ryan Richman/GHD/Starworks Artists. makeup: Shannon Pezzatte/Tom Ford Men/Starworks Artists. wardrobe: Lindsay Pogemiller and Alyssa Sutter/Starworks Artists. prop styling: Patrick Muller/Art Department. instructional illustrations by +ISM, previous spread: illustrations by MICHAEL BRANDON MYERS. Nearly Nude slip. Levian ring. Anita Ko wedding band (hers, throughout). Topman shirt. Tommy Hilfiger pants. Larsson & Jennings watch (throughout). Henry Dunay/Beladora Jewelers wedding band (his, throughout)



THERE'S NO WI-FI IN PARADISE

Time alone might be the key to busting stress and keeping your mind healthy. Shhh! This is the new science of solitude. /By Clint Carter

THE ADIRONDACK PARK IS THE LARGEST PROTECTED AREA IN THE LOWER 48. It covers nearly 6 million acres and is home to deer, moose, bears, and otters. I live in New York City, home to more than 8.4 million humans, and many of them are in my face and on my phone and computer, all the time.

It seems the animals have an advantage here, surrounded as they are by peace and quiet. I've wondered: Could I swap screen for green? Could you?

My relationship with solitude is complicated. I've always felt that a dose of time alone would do me good, but the idea of disconnecting makes me uneasy. That's not unusual for men, given what University of Virginia scientists found when they strapped electrodes onto people and sent them, one at a time, into a room about the size of a janitor's closet. (Coincidentally, that's about the size of my New York apartment.)

"SOLITUDE IS LIKE SUNLIGHT. A LITTLE BIT IS GOOD FOR EVERYBODY."

The scientists told them they'd be in there alone for 15 minutes. If you get bored, they added, you're welcome to zap yourself.

Prior to the experiment, all the participants had already been shocked once. The women received a jolt of 2.3 milliamperes; the men, 4 milliamperes. It hurt, too. Many said they'd pay money to avoid another shock. Yet here's what's batshit crazy: When left alone with their thoughts, two-thirds of the men hurried the time along by shocking themselves at least once more. One guy shocked himself 190 times. The researchers dubbed him an "outlier" and scrubbed his data from their analysis.

But I can relate to that guy. I'm as guilty as anyone of distracting my brain, though I usually do it with mindless Web use. Immediately after logging off at the end of a workday, I'll check my email on my phone. Having drinks with a pal, I'll jump on Instagram when he takes a piss or as soon as he mentions his boring new CrossFit addiction. And count me among the 53 percent of mobile users who, in a survey by AT&T and the Center for Internet Technology and Addiction, claim to feel actual discomfort when they lose cell service or forget their phones.

The same survey revealed that more than 60 percent of us sleep with our devices within arm's reach. I'm that guy too: I can swipe through my lock screen without even opening my eyes in the morning. Often the first thing I see—before the soft light coming in through my window, or my fiancée lying next to me—is my phone's LED-backlit home screen.

Clearly I have a problem. Chances are, so do you.

YOU'RE HARDWIRED TO SEEK SOCIAL CONNECtion. That's especially true when you're under stress: Researchers in Germany found that after being forced to speak in front of a crowd, men are more likely to act friendly toward others, presumably to create a wider network of stress-relieving friends and allies.

This impulse to connect has served us well for most of human evolution, when being part of a tribe offered us safety and more opportunities to reproduce. But today it's leading us toward self-destructive behaviors. With Facebook, LinkedIn, and Tinder always at our fingertips, we're increasingly scrolling and swiping through social data streams to fill the gaps between stress-inducing meetings, email surges, and morning commutes.

And with what benefit? In a University of Michigan study, going on Facebook—unlike real human interaction—was followed by a 13 percent jump in worry and 22 percent spike in loneliness, both of which are potent stress reactions in their own right.

So let's get this straight: Rather than making us feel as if we're part of a bigger, stronger tribe, so-called social media is making us feel nervous and isolated? And where do we go for a quick hit of social connection? Back online, of course. The Internet is like a drug, and I'm starting to think of the Adirondacks' 6 million acres as my rehab.

On this front, researchers agree: Time spent by yourself has the power to heal. "Solitude is like sunlight," says Robert Coplan, Ph.D., editor of last year's *The Handbook of Solitude*, a collection of essays from 60 academic researchers. "A little bit is good for everybody. Even raging extroverts can probably benefit from time alone." Science tells me that, with some time alone in the woods, I might begin to retrain my brain to function without a screen in front of my face, to learn to appreciate all the individual moments that make up my life. "Solitude is not like isolation—you're not disconnecting yourself from the world," says Paul Salmon, Ph.D., an associate professor of psychology at the University of Louisville. "You're taking time off so you can reconnect in a stronger way."

DEEP IN THE ADIRONDACK PARK'S LESS TRAVELED WESTERN side just off the Northville-Placid Trail, is my destination: a lean-to that's suitably far from everything. According to Remote Footprints—a husband-wife-toddler nonprofit group devoted to wildlife conservation—the open-air, 96-square-foot shelter is just a hundred or so yards from the single most remote point in New York State. To reach it, I hiked 13 miles from the parking lot. For a couple of hours, I walked in one of the sudden downpours common in the mountains. I would have complained, but if you bitch in the woods and nobody hears it, do you still make a whiny sound? I trudged in silence.



Percentage of men who use social sites like Facebook and LinkedIn



Percentage of adults who "unplug" at least two hours a day



Percentage who used the Web at their most recent social event

I arrived at my campsite a few hours before sundown. I cooked, ate, and unrolled my sleeping bag. I grew bored quickly. With no digital news feed to scroll through, I located the lean-to's logbook, which was filled with musings of previous visitors. Flipping the pages, I found evidence of other solo hikers. One night in August 1986 (I was 2 at the time), a man reached the lean-to just before a heavy downpour. As he sat looking out at the whipping rain, he wrote: "I thought it fortunate that my human eyes, as a brief visitor, were given the gift of sharing in the beauty that goes on here every day. It clears a man's thoughts and wakes him up concerning those things in life which are really important—not money, success, stocks and bonds, but the relationships with people, inner peace, [and] understanding . . . which make everything else meaningful."

Alone in my lean-to, with nobody to mock my sentiments, I felt that my journey had suddenly taken on pro-

Illustrations by SERGE SEIDLITZ; previous page: Louis Vuitton T-shirt, Calvin Klein boxer briefs

found meaning. I imagined Mr. 1986 stretched out by a river somewhere now, surrounded by his grandkids, and happy he'd taken time to learn the big lessons while he was young. He was probably wearing *Risky Business* sunglasses and listening to Depeche Mode. What he wasn't doing was checking Facebook or messaging his professional contacts on LinkedIn. He wasn't tweeting or Snapchatting or arguing the merits of ripstop nylon in some Reddit thread dedicated to lightweight backpacking. His personal life was so rich and full, so present with him, that he simply didn't need the digital supplements.

Me? I missed my phone. Had I known how unconnected the Adirondacks were, I might have chosen a Wi-Fi-enabled wilderness. But going sans service was for the best: In modern life, your phone's digital tether to the Internet makes certain that you're never fully present. Earlier this year, researchers at Florida State University found that cellphone alerts—minor pings and buzzes—sap your concentration whether or not you actually look at the screen. You might as well have stopped what you were doing to reply. Even when you're here—*buh-bing!*—suddenly you're not. But if you split your mind between the digital and the physical world, you're shutting down a part of your brain that's responsible for a healthy outlook on life.

"There are certain brain regions that activate during periods of rest, and they deactivate when you're responding to external stimuli," says Jessica Andrews-Hanna, Ph.D., a research scientist at the University of Colorado's Institute of Cognitive Science. These regions—peppered primarily throughout your anterior and posterior cingulate cortex, hippocampus, and medial temporal lobe—make up your "default network," and they're essential to your ability to make sense of your past, plan your future, and dissociate yourself from the frequently troubling external world.

Sitting alone in my lean-to, I start thinking about my brain. I listen closely, hoping to hear old parts firing back up after years of neglect. But nope. Just crickets.

> YOU'RE NOT ISOLATING. YOU'RE TAKING TIME OFF TO RECONNECT IN A STRONGER WAY."

ONE OF THE BIGGEST BREAKTHROUGHS IN DEFAULT-NETWORK studies came 10 years ago, when a couple of MIT scientists wired rat brains to see what was going on when the rodents unexpectedly took a break from the hunt for cheese in a maze. Were their little Templeton brains flatlining as they paused to groom themselves or stare off at a wall? Hardly. They were rapidly replaying the maze in reverse. Signals in the hippocampus that fired during the hunt for rat chow were now firing many times more—only backward. The little buggers were retaining what they'd just seen, to aid in future cheese prospecting.

This likely parallels something that happens in the human brain, and especially in the default network.

"The consensus is that these brief periods of rest are similar to sleep, in that they're important for learning and memory and restoring our brain," says Andrews-Hanna. When we're not busy reacting to emails and fast-food signs and morning talk-show hosts, our brain has time to understand recent events and form theories about how they might affect the future. Far from being a waste of time—or a reason to mash the electroshock button 190 times—doing nothing and spending time alone is how you determine whether you're happy with your life's recent turns. It allows you to figure out whether you're chasing your dreams or someone else's, to separate your essential self from your career, your mortgage, your intrusive smartphone, and all the other things that stress you out.

In these silent woods, I conjured the image of Brad Pitt as the nihilist prophet Tyler Durden in *Fight Club*. As a role model, Durden was questionable. But his message was on point: "You're not the car you drive. You're not the contents of your wallet. You're not your fucking khakis." Had smartphones been available in his dystopia, he would have included them too. Understand the Durden principle, my newly empty mind tells me, and you'll feel a lot less pressure to get it all right all the time.

SOLITUDE ISN'T SOMETHING YOU DO FOR JUST FOUR NIGHTS, once a year. If you care about your mind, it's something you work toward with daily practice. "I ask people how long it's taken them to get into physical shape," says Salmon. "They say a couple of years. I tell them to apply that same thinking to their mental health."

If singing "Kumbaya" at the campfire by yourself doesn't sound like a great time, well, you're not alone. But if you can grow more comfortable with solitude, then you'll develop a sharper sense of purpose and a heightened sense CONTINUED ON P. 126





TAKE A BREAK FOR PRIVATE BROWSING

A group of guys took a verbal math test in front of researchers at Carnegie Mellon after looking at pictures of either partially nude couples gettin' it on or boring, clothed couples. Those in the (lucky) soft-core group gave 50 percent more correct answers and had a lower cortisol response.



KEEP READING THIS MAGAZINE

Good news: You're becoming healthier right now! "When you're absorbed in reading a book or a magazine, that can lead to lower blood pressure," explains Matthew Zawadzki, Ph.D., a professor of health psychology at UC Merced. "That and exercise are probably two of the strongest things you can do to de-stress."

Food can fill your belly, but it can also complete your life. Embrace these lessons in cooking with a higher purpose.



FIVE MEALS THAT COULD



CHANGE YOUR LIFE

WHAT SUSTAINS YOU?
For the Feury brothers, it's more than fish.

P.C. CHUNG

BOB MARTUS

P. 119

Whole Grilled Black Bass

The Life Lesson

FOOD BRINGS FOCUS AMID THE MAELSTROM

BACK WHEN THE FEURY siblings—Patrick, Terence, and Laura—were young, their father, Gene, taught them how to fish the barrier islands along the Jersey Shore. Sometimes they'd grill what they caught—flounder, fluke, bass. Most of the time they caught nothing. But they learned, even at that young age, the contemplative pleasures of standing quietly, rod in hand, even when the bites weren't coming.

Laura became a painter and a glass artist. Patrick and Terence became chefs. Then life sped up. Family moved away; the "Hey, how're you doing?" calls were less frequent. But the siblings gathered four times a year for fishing trips. That's when, over fresh-caught fish sizzling with salt, pepper, oil, and lemon juice, they'd talk.

Then, in 2001, Laura died unexpectedly from a medical accident. She had been the practical joker of the family. She'd tie sinkers to her pole, wait for the perfect moment, and then yelp as if a shark were running away with her line. After she died, the Feury brothers and their father continued as a trio. When they caught something, they'd raise their shot glasses in tribute: "For Laura."

"My dad's the youngest of 13. His family's from Ireland," Patrick says. "You know about Irish funerals: We'd drink and party, as sad as it was. It's a celebration of that person more than mourning. We've tried to carry that on."

Five years ago, Gene died. Patrick and Terence have families of their own now, and they're spending more time in their respective kitchens—Patrick at Nectar in Berwyn, Pennsylvania, and Terence at The Grill at Forty 1° North in Newport, Rhode Island. Several times a year, the two charter a boat and head out to sea with rods and a six-pack. They fill hours talking sports, recipes, and craft beers; every now and then they toast to Laura and Gene. When they catch a fish, they grill it just as they always have: with respect for tradition. *(See recipes on page 125.)*



"People follow recipes because they don't want to worry. Good chefs break the rules."



Duck Cassoulet

The Life Lesson

IF YOU CAN'T PLAY BY THE RULES, MAKE YOUR OWN



THAT DAMNED DUCK. BACK in 2006, Ken Myszka worked the line at Restaurant Guy Savoy, the Las Vegas outpost of one of Paris's most celebrated restaurants, where a dinner for two might set you back $1,000. Every time Myszka ruined the duck, his French superiors would let loose a torrent of obscenities, spit flying on hard consonants, and some poor bilingual chef would have to translate the tirade of Gallic rage. The recipe eluded Myszka for one whole year.

Myszka eventually mastered the dish, but he didn't feel very good about it. He saw a wasteful food system where foie gras, truffles, and butter were flown more than 5,000 miles to be served to millionaires in the middle of the desert.

"I can remember talking to my chefs: 'This is pushing food in the wrong direction,'" Myszka says. So he quit. And reinspired by the farm-to-fork food of his youth, he convinced a few colleagues to relocate to central Illinois. Together they would grow their own produce, raise their own livestock, and open a restaurant.

Today, Myszka is the owner of two restaurants in Bloomington, Illinois. Epiphany Farms Restaurant and Anju Above both stock their menus with food grown from the farm 5 miles down the road. Yes, he cooks duck. And yes, you should give the recipe a shot. Want to use rosemary instead of thyme? Fine by Myszka. Care to toss in extra bacon or some mushrooms? Go for it.

"People follow recipes because they don't want to worry," Myszka says. "But no chefs take a recipe verbatim. A recipe is a blueprint to build upon, based on your own experience. Good chefs constantly break the rules."

Release yourself from your recipe restraints. You're the only person, really, who can define delicious for you.

HOLY QUACK!
One cup of roasted duck meat has 33 grams of protein and only 280 calories.



Giant Spicy Lamb Burger

The Life Lesson

NOT HAVING FUN? THEN YOU'RE DOING IT WRONG



PROFESSIONAL KITCHENS CAN BE STUFFY PLACES. CHEF JOEY WARD HAS worked his share of jobs where the credo was "Head down, no sound." Ward is more the Outkast/Metallica type. He now works in a restaurant in Atlanta called Gunshow. He has an obsession with comically large food. He once cooked up Uncle Buck-size blueberry pancakes because, well, why the hell not?

In restaurants, departing chefs make one last feast for the staff, a sort of culinary mic drop. One chef may construct a spread of Indian curries, another a Southern fried chicken supper. There's one-upmanship and, sometimes, preciousness. So when Ward left Woodfire Grill in Atlanta, he made a 52-pound bacon double cheeseburger. He molded two 10-pound beef patties in pots and seared each on a flat-top grill. The patties, nearly 5 inches thick, were so unwieldy that he had to flip them with pizza peels. He transferred the burgers to buns the size of hubcaps. When he cut into the things, much to the surprise of his staff (and himself), the patties were a perfect medium pink.

Somewhere along the line, food became serious business. Maybe a bit *too* serious. You're allowed to blast *Stankonia* or *Ride the Lightning*. It's okay to crack a beer or two as you sauté. "Far too often people forget that we do this for fun," Ward says. "If the chefs are happy, the food will be better."

▲ **ON THE LAMB**
The numbers: 714 calories, 57 g protein, 35 g carbohydrates. Not baaaaaad.

Food styling: Michelle Gatton/Stockland Martel; prop styling: Pamela Duncan Silver/Sarah Laird & Good Company

Cornmeal Currant Cookies

The Life Lesson

THE RIGHT FOOD WILL BRIDGE GENERATIONS



GIUSEPPE MASTRANDREA rarely opened the three recipe notebooks sitting on his kitchen shelf. Giuseppe, after all, *was* the recipe book. The old man knew his biscotti, zeppole, and amaretti by sight, smell, and muscle memory.

Andrea Mastrandrea, one of Giuseppe's three sons, grew up in his father's bakery outside Toronto. Andrea was more interested in experimenting with his father's recipes than trying to understand them. His father would notice and take exception, and the squabbling pushed Andrea from the trade. It wasn't until Andrea visited bakeries while pursuing an architecture degree in Florence, Italy, that he realized his mistake.

"Suddenly I was on the other side of the counter," Andrea says. He knew he could do better because his father had. Soon he was working every weekend at a Florence bakery. He returned to Toronto to work with his father. Then Giuseppe collapsed in his bakery from a ruptured artery at age 62.

"I lost all this time fighting with him," Andrea says. Giuseppe was gone, but his three notebooks remained. The handwriting was difficult to decipher; half the ingredients weren't available in Italy anymore, much less Toronto. But from those lessons Andrea resisted as a child, he could fill in the blanks. Andrea featured the biscotti at his first shop. The breads and pastries, including grappa-soaked cornmeal cookies, filled Forno Cultura, the Toronto bakery he opened two years ago.

Once, recipes were guarded secrets. These days, a thousand appear with a few smartphone swipes. If your grandparents are still around, treat their recipes with reverence. Cook alongside them. Harvest their timeworn tips. Build your clan's cookbook. Family history resides in those techniques and ingredients, along with—maybe—instructions for more than just cooking.



MONSTER FLAVOR Yes, they're cookies. And yes, real men bake cookies—and scarf the results.

Icons by MICHAEL BRANDON MYERS, portrait illustrations by BERND SCHIFFERDECKER



It's one thing to tell your family you love them. Cooking takes telling out of the act.

Holiday Stuffing

The Life Lesson

WHEN YOU COOK, YOU CREATE CONNECTIONS



MARK KIFFIN WAS 14 WHEN HE COOKED HIS FIRST THANKSGIVING DINNER—for a family of 12. And he volunteered. The kitchen was always Kiffin's sandbox. His grandma would pull up a stool so he could watch her crimp piecrusts and glaze cinnamon rolls. "You try," Grandma would offer. Soon his mom put him in charge of simple dishes. Then he started combining flavors on his own. When that Thanksgiving arrived, he cooked everything—the turkey, the potatoes, the stuffing. His family was astounded—so much so that Kiffin orchestrated the holiday for years after he left for cooking school. When he was 23, he spent his first Thanksgiving away but fielded calls from his sisters, who treated him as their personal 1-800-Butterball.

These days, Kiffin is a single father to his teenage daughter, Phoebe. But he's always made it a point to duck away from his Santa Fe restaurant, The Compound, to spend at least part of Thanksgiving with her. Together they prepare the turkey, the potatoes, and the stuffing.

It's one thing to tell your family you love them. Cooking takes the telling out of the equation. You communicate your love enough to spend the time, money, and effort on the satisfaction of making food and sharing it with those closest to you. That could be as grand a gesture as cooking an entire holiday spread, or as simple as bringing the stuffing—as long as it's homemade.

▲ **THE SIDE WITH KICK** Onions and herbs impart a savory undertone to this buttery stuffing.

THE RECIPES

WHOLE GRILLED BLACK BASS

Recipe by executive chefs Patrick and Terence Feury

WHAT YOU'LL NEED

- 1 WHOLE BLACK BASS (1½ to 2 lb), SCALED AND CLEANED
- OLIVE OIL
- SEA SALT AND WHITE PEPPER
- 1 LARGE BULB FENNEL, CUT LENGTHWISE INTO ½"-THICK SLICES, TOPS AND FRONDS RESERVED
- 1 LEMON, SLICED ¼" THICK
- 1 ORANGE, SLICED ¼" THICK
- 3 SPRIGS FRESH THYME, PLUS 1 TBSP CHOPPED
- 2 SPRIGS FRESH ROSEMARY, PLUS 1 TBSP CHOPPED

HOW TO MAKE IT

1. Preheat a grill or grill pan to medium high. Slash the fish ¼" deep 2 or 3 times per side. Oil and season the fennel and citrus. Put half the citrus, half the fronds, and the herb sprigs in the fish.
2. Set the fennel tops on the grill. Top with the fish; cover and grill till the skin crisps, about 10 minutes. Flip and grill until a thermometer behind the head hits 135°F, 8 to 10 minutes. Transfer to a platter; let rest 5 minutes.
3. Grill the fennel and remaining citrus, 90 seconds a side. Add to fish. Mix chopped herbs with 2 Tbsp oil; drizzle on fish. Add fronds. *Serves 4*

PRO TIP

"Creating a 'raft' out of the fennel tops helps the fish cook evenly," says Juli Roberts, manager of the Rodale Test Kitchen.

DUCK CASSOULET

Recipe by Ken Myszka, chef and owner of Anju Above, Bloomington, IL

WHAT YOU'LL NEED

- OLIVE OIL
- 4 OZ BACON, CUT INTO ½" PIECES
- 1 LARGE ONION, SLICED
- 1 LB DRIED NAVY BEANS
- 1 QT CHICKEN STOCK
- 12 SPRIGS FRESH THYME
- 1 CARROT, PEELED AND DICED
- 1 TURNIP, PEELED AND DICED
- 1 HEAD GARLIC, PEELED, CLOVES HALVED
- 4 PREMADE DUCK LEGS CONFIT (dartagnan.com)
- ⅓ CUP THINLY SLICED CHIVES

HOW TO MAKE IT

1. In a large saucepan, heat 1 Tbsp oil on medium. Add the bacon; sauté about 5 minutes. Add the onion and sauté until soft, 5 minutes more. Add the beans, stock, and thyme. Cook on medium low until the beans are al dente, about 30 minutes. Add the carrot, turnip, and garlic, and cook till tender, about 1 hour. Season with salt and pepper.
2. Preheat the oven to 350°F. Put the duck legs on a baking sheet and heat in the oven, 10 minutes or so. Ladle the beans into 4 bowls; top each with a duck leg, chives, oil, and pepper. *Serves 4*

PRO TIP

Separate a head of garlic fast: Throw it in a bowl, cover with another overturned bowl, and shake, says Roberts.

GIANT SPICY LAMB BURGER

Recipe by Joey Ward, executive chef of Gunshow, Atlanta

WHAT YOU'LL NEED

- CANOLA OIL
- ½ MEDIUM ONION, CHOPPED
- 10 GARLIC CLOVES, CHOPPED
- 1 TBSP CHOPPED GINGER
- 2 JALAPEÑOS, CHOPPED
- ¼ CUP CURRY POWDER
- 1 CAN (14 oz) WHOLE TOMATOES
- 1 CUP CIDER VINEGAR
- 1 CUP SUGAR
- 2 LB GROUND LAMB
- 1 CAN (4 oz) GREEN CHILES, DRAINED
- BUNS, CILANTRO, RED ONION, GOAT CHEESE (for serving)

HOW TO MAKE IT

1. In a large saucepan, heat 2 Tbsp oil on medium. Add the onion, garlic, ginger, and jalapeños; sauté until the onion softens, 5 minutes or so. Add the curry powder; cook until fragrant, about 1 minute. Add the tomatoes, vinegar, sugar, and 1 tsp salt. Cook on medium low until thick, 20 to 45 minutes. Cool and puree. *Makes 2 cups ketchup*
2. Preheat a grill or grill pan to medium high. Mix the lamb, chiles, and 1 tsp salt. Form into 4 patties. Grill 2 to 3 minutes per side for medium. Put the patties on rolls; add ketchup and toppings. *Serves 4*

PRO TIP

The leftover ketchup tastes incredible atop scrambled eggs, roasted red potatoes, or grilled chicken breast or thighs.

CORNMEAL CURRANT COOKIES

Recipe by Giuseppe and Andrea Mastrandrea of Forno Cultura, Toronto

WHAT YOU'LL NEED

- 1 CUP DRIED CURRANTS
- ⅓ CUP HOT WATER
- ¼ CUP GRAPPA
- 3 CUPS ALL-PURPOSE FLOUR
- 1¾ CUP STONE-GROUND CORNMEAL
- 1 CUP SUGAR, PLUS MORE FOR DUSTING
- 1½ TSP BAKING POWDER
- 2 LARGE EGGS, PLUS 1 YOLK
- 1½ STICKS UNSALTED BUTTER, MELTED
- ZEST OF 1 LEMON

HOW TO MAKE IT

1. In a bowl, combine the currants, water, and grappa. Let the currants plump, about 15 minutes.
2. In a large bowl, mix the flour, cornmeal, sugar, and baking powder. Mix in the eggs, butter, zest, and currants. Refrigerate 30 minutes.
3. Heat the oven to 350°F. Roll the dough to cigar thickness. Cut it into 2"-long portions and set each piece 1" apart on a parchment-lined baking sheet. Dust with sugar and bake until golden, 12 to 15 minutes; halfway through, rotate the pan. Repeat with the rest of the dough. *Makes 5 dozen*

PRO TIP

"If you have the time, let the dough rest in the fridge overnight," says Roberts. You'll pump up the cookies' flavor.

HOLIDAY STUFFING

Recipe by Mark Kiffin, chef and owner of The Compound, Santa Fe

WHAT YOU'LL NEED

- 1 STICK UNSALTED BUTTER
- 1 SMALL WHITE ONION, DICED
- 1 CUP DICED CELERY (3 ribs)
- ½ CUP THINLY SLICED SCALLIONS (about 1 bunch)
- ¼ CUP CHOPPED PARSLEY (about ½ small bunch)
- ½ TBSP FRESH THYME LEAVES, MINCED
- 1 QT LOW-SODIUM CHICKEN BROTH OR STOCK
- 2 BAGS (12 oz each) UNSEASONED STUFFING

HOW TO MAKE IT

1. Preheat the oven to 375°F. In a large pot on medium, melt the butter. Add the onion, celery, and scallions, and cook, stirring, until the onion softens, about 5 minutes. Add the parsley, thyme, and stock. Turn the heat to medium high and bring to a simmer. Stir in the stuffing, adding water to soften the cubes if needed. Remove from heat; season with salt and pepper.
2. Transfer the stuffing to a 9"×13" baking dish; cover with foil and bake 30 minutes. Remove the foil and bake until the top crisps, about 15 minutes. *Serves 8 to 10*

PRO TIP

To strip thyme leaves, pinch the tender end of the sprig and slide the stem through the fingers of your other hand.

PROCRASTINATION, CONT. FROM P. 103

procrastinator. The study, Sirois says, is designed to build on her previous research into the link between procrastination and heart health.

First, she asks the students to fill out a questionnaire to determine how often they procrastinate. Then they're hooked up to finger monitors, which record their pulse and galvanic skin response while they view scenarios flashed on a screen in front of them. In one, a young woman who is normally conscientious and punctual has let time slip away and now faces a deadline she can't meet without help. In another, a person is in similar straits but is a notorious procrastinator who's always in a jam.

The results would seem to be a foregone conclusion. Surely the study participants would feel for the second person because of their shared struggle with procrastination.

Instead, as it turns out, almost no one hates a procrastinator as much as another procrastinator, no matter what the circumstances. Those who were chronic procrastinators were less likely to want to help out, regardless of which scenario they were presented with. At first glance, this lack of tolerance might seem counterintuitive and even hypocritical. That's until you consider a corollary: "Most procrastinators are also really hard on themselves," Sirois says. "They know they're procrastinating, they can't help themselves, and they beat themselves up about it." Having already established the behavior as a kind of moral failing, she says, they apply the same harsh standards to others.

That was certainly the case in a 2004 study by DePaul's Ferrari in which 160 self-described procrastinators were asked to judge a peer who delayed academic or real-world activities. Across the board, the study participants gave their fellow sufferers lower character ratings.

Societal stigma only deepens the shame. Glance at the "procrastination" entry of any thesaurus and you'll find words like "loafer," "slowpoke," and "idler." People can be very judgmental of others who have this problem, says Ferrari. He likens it to an all-too-common public perception of people who struggle with clinical depression or addiction. "People tend to say, 'Just cheer up!'" he says. "The sufferers would love to but they can't."

SO IF WILLPOWER IS NO WEAPON AGAINST THE problem, what is? Forgiveness, according to the results of a 2010 study by Tim Pychyl, Ph.D., a psychologist at Carleton University in Ontario, and his colleague Michael Wohl, Ph.D.

In their experiment, Pychyl and Wohl asked students preparing for an exam to choose from three statements: "I put off studying until the last minute," "I delayed preparing for the exam by doing other, less important things instead," and "I began studying much later than I intended to."

Students who answered yes to any of the questions and who also admitted to doing poorly on the exam as a result were also asked how they felt about their procrastination. The researchers observed a surprising difference in the students who forgave themselves.

Those students not only procrastinated less on a second test but also had higher feelings of self-worth. And those who didn't let themselves off the hook? They still felt lousy and still fell back into problematic procrastination, the study found.

The result surprised Pychyl. "I figured it would be a case of 'forgive and forget' followed by more procrastination," he says. What he found instead was that the absolution created a sort of freeing effect that allowed the kinder-to-themselves students to focus on the upcoming exam "without the burden of past acts to hinder studying."

In addition, the students were liberated from having to concentrate on short-term mood repair to ease the doldrums brought on by those past acts. So they were less tempted to give in to avoidance behavior to feel good and instead devoted their brainpower to preparing for the next exam.

As Pychyl and Wohl concluded, the students were giving themselves a new lease on their academic behaviors while also boosting their overall sense of self-esteem. "It's just about being a little kind to ourselves so that we can focus our energies on trying again," says Pychyl.

FOR CARL, LEARNING TO SILENCE THE SCOLD INSIDE himself was a hard-won battle, waged in a psychologist's office. "Therapy taught me to push back against that voice," he says, "and to insist that my self-judgments be more realistic, including being more forgiving and more practical."

"More practical" in this context means recognizing the procrastination and then creating solutions. "I do that now instead of beating myself up, which is what I used to do a lot," Carl says.

One of those solutions would seem almost laughable if it weren't so effective. "I keep a stack of index cards," he says. "And on each card I've written a one-word or two-word description of the task at hand. If it's preparing for a conference in California, for example, I write 'California conference' and place that card faceup on my desk. I don't flip it over and move on to something else until I've completed the task."

He's also learned that the humble checklist works astonishingly well when he follows it consistently. It's not perfect, he admits. "It's just a device, like the mnemonics other people use."

When he does find himself occasionally lapsing into old behaviors—and slamming himself about it—he reminds himself to take it easy and ask a couple of questions: *What is it about this that's making me want to avoid it? What's the worst thing that could happen if I push through it?*

Once he's done that, he says, he can see his old way for what it is: an irrational mindset that may seem to help in the moment but that's really making his life hell—and possibly a lot shorter.

The next step, he says, is easy. Just do it. ■

NO WI-FI IN PARADISE, CONT. FROM P. 117

of control over the stressful events in your life. You can train yourself.

In one study, a researcher in the Philippines asked people to take themselves out for a "date." It was up to them whether they went on a long walk in the park or out to dinner, but they were encouraged to remind themselves during the date that they were spending time with someone special: themselves. Yeah, cheesy. But based on surveys taken before and after the experience, the researcher found that the participants' opinions of spending time alone improved by 21 percent. My experience in the Adirondacks was similar: It turns out I'm pretty good company. I'd gladly spend four more nights alone with me.

THE MORNING AFTER I REACHED MY DESTINATION, I finally wandered over to what I believed to be the remotest spot in the state. (I couldn't be 100 percent sure: When I'd asked Ryan Means, the husband portion of Remote Footprints, for GPS coordinates, he told me that he intended to keep them secret. But he did point me to his online journal, which could get me within a few hundred feet.)

Once there, I found a moss-covered log. I thought to sit but changed my mind when I saw a freakish softball-size frog wriggling underneath it. So instead I stood, drinking in the quiet forest, wondering if I was supposed to be feeling something deeper than mild amusement. I opened my pocketknife and dug some dirt from my nails. I took a swig from my water bottle and then stepped off the path to have a piss while congratulating myself for marking the spot as my own.

The irony of reaching the remotest place in New York was this: After the two nights it took me to get there, I didn't really need it. My experience of solitude had begun as soon as I'd set off on the trail. Hell, it began when I drove away from the city or maybe even when I asked my boss if he'd let me skip work for a few days. I'd begun my mental shift away from thinking like an office cog or as a person bound by obligations outside my control. I was not the contents of my wallet. I was not my fucking khakis. I definitely was not my signal-starved smartphone.

If I needed further validation that time alone was worthwhile, I received it as I rounded the last bend after my hike. In the middle of the gravel parking lot stood a man wearing a backpack. He looked impatient. Nearby, from behind a car, a kid screamed, "I can do it!" He was approaching a full-blown tantrum, and a group of adults were busy trying to tame the boy's fits. The man in the middle of the lot, I realized, was part of this group. He was hiking with some friends, or possibly relatives, and their monster child. As he saw me approaching, his face softened.

"Did you hike alone?" he asked.

"I sure did," I said.

"You're lucky."

I smiled. He was right. ■

IDRIS ELBA, CONT. FROM P. 85

Everything I do creatively comes from that place: I want to do it Ridley Scott well; I want to do it Spielberg well. I want to do it Daniel Day-Lewis well. Those are the guys I idolize. They set a standard for me."

It's working. "Idris's presence is of fearless confidence," says Justin Lin, director of *Star Trek Beyond*. "He brings an incredible sense of intensity and discovery to the role."

Elba is especially proud of *Mandela* and *Beasts of No Nation*. "There's a real misdirection on how Africans are viewed and what Africa looks like—not that my films actually change that, but at least they show that Africans are more than just a bunch of hungry people." His portrayal of the sadistic commandant earned strong reviews, though he jokes, "The ladies are not going to love me anymore."

Over steak-frites in a downtown Vancouver bistro, Elba riffs on his big roles. When he inhabits a character, he says, often a residue is left from that personality, or from the director. He proceeds to name them and other mentors, and the traits that have stayed with him.

The Commandant "Charisma. Playing a warlord of a child army is frightening. The commandant is despicable and violent, but the kids idolize him. As much as you think people are tough, they can be manipulated. Everybody needs a leader." During filming, he notes, output soared at his production company because he acted more like a dictator. "We have lots of different personalities, and sometimes you have to lead to get what you want."

Luther "Patience. Luther likes to look at personalities and do profile analysis. I'm really fascinated by psychological studies of murderers and the clues detectives pick up. Luther taught me to be more alert to clues in everyday life—body language, inflection, eye contact. It now influences how I see the world."

Mandela "Pride. Madiba taught me the meaning of maintaining pride. There are many examples, from demanding to wear long pants [not standard shorts] in jail to how he handled the deterioration of his relationship with Winnie. He wanted to look at himself in the mirror and be proud of himself—always. That's powerful and ambitious."

Stringer Bell "Foresight. Thinking two steps ahead. He wasn't necessarily smarter than everyone else, but he was always strategizing: Okay, scenario one is this, scenario two is that. I think like that now."

Cary Joji Fukunaga (director of *Beasts of No Nation*) "Control. Cary directed and operated the camera. I was like, Wow! He knows his framing, and that allows him to shoot exactly how he wants it. He's in total control."

Ridley Scott (director of *Prometheus*) "Focus. Ridley taught me to be absolutely connected in every take. Ridley would call me 'third-take Charlie.' First take is good, second take is good, third take is amazing! I want my first take to be amazing."

Dad "Grace. Winston, my father, was very gracious. Someone could be making an arsehole of himself and he wouldn't call him out. Some people might see that as being a pushover, but it was more like he recognized someone was making a mistake and he didn't have to call him out. He was gracious enough to allow other people to be dicks."

Mum "Organization. My mum, Eve, is extremely organized. I'm not tidy, but I did learn the power of being organized from here."

Sue McPhee "Confidence. Sue was my drama teacher in high school. She was super encouraging. She'd say, 'You want to be an actor? Let's do it. Let's see it.' She really helped me make a leap forward."

ELBA REFERS TO ACTING AS HIS DAY JOB. His passion, the thing that gives him balance, is music. Along with DJing, he's also produced an album, *Mi Mandela*, music inspired by his experiences in South Africa, and is working on one called *Murder Loves John*, inspired by Luther and the streets of London. "When you act, you're different people. You can be anything," he says. "My music is the real me."

When asked if he's a man's man, Elba demurs. But he considers the question. "Who is today's Steve McQueen? I'm not saying I am, but I'm asking in real terms, 'Who is a guy that you go, Yeah!' That guy represents something I can live for. These days everything is a bit watered down, a bit vanilla. If I want to do something, I'll do it—breakdancing at the end of a movie trailer, adding a verse on a rap song, racing rally cars. Why not? If that's a man's man, cool." ■

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Tom Pogash, EVP/CFO 9/26/2015

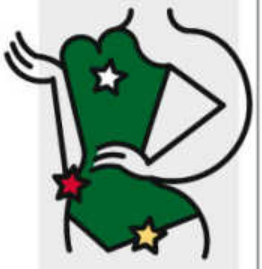
Cover fitness model Dale Liesegang photographed by Garreth Barclay

Your Wrap Sheet

Gifting gaffes and holiday home runs, all tied up with a bow.

THE AVERAGE GUY

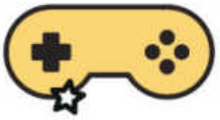
26 Percentage of women who say lingerie isn't a real gift for her—it's really for him



21 Percentage of men who've bought her a toy straight from the "naughty" list

NINTENDO

Video game console the average guy longed to receive as a child



63 Percentage of dads who now mash buttons next to their own kids



Percentage of grown-up men who still receive birthday dough from Nana. (Ten bucks? Gee whiz!)

13 Percentage who admit that they count on the cash



GIFT CARD

Most common present regifted by men

8 Percentage who've been busted redeploying a crappy gift



51 Percentage of average guys shopping from their own wish lists on Black Friday

HALF Number who'd be perfectly happy to find a nice shirt or sweater under the tree



27 Percentage of men who suck up and buy a gift for the boss. (Rudolph, the Brown-Nosed…)

9 Percentage of bosses who say they plan to reciprocate. Starbucks gift card, anyone?

56 Percentage more millennial men than older guys who give to charity





32% Number of guys who haven't the slightest idea how to wrap a present

8 Percentage who've hidden an expensive present so well that they totally forgot where the heck it was. ("Honey, I *swear* you would've loved it!")

Percentage of men who say giving her one of these gifts got them laid

54 Jewelry

40 Lingerie

30 Surprise trip

25 Spa day

9 Workout gear

6 Clothing one size too small

6 Cookware

19 Percentage of men who buy their buddies birthday gifts



33 Percentage who think a shot and a beer is present enough for any pal



A few of the worst gifts, birthday or otherwise, *Women's Health* readers have ever received from the men in their lives:
1. Vacuum cleaner
2. Motor for *his* fishing boat
3. Cat toilet-training kit

Illustrations by GIO PASTORI

PIN DOWN HER PERFECT GIFT

Think of Pinterest as the new letter to Santa, says Michelle Madhok, founder of SheFinds. Many women use the network as a parking spot for lust items, making it an ass-saving site for guys who can't think of a gift. Not sure how to find her Pinterest list? Search her other social media handles, says Madhok. Then start sleuthing: If you're in a rush, look for common themes in her pins—like sneakers or cashmere scarves. If you have the time, make a DIY project she's saved—it's thoughtful, and she'll have a gift that won't end up at Goodwill.

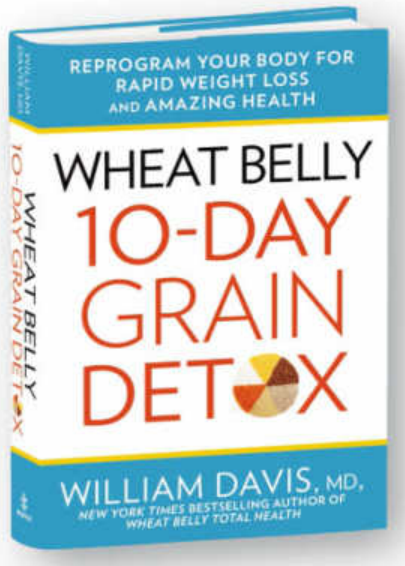
BUY ONCE, WOW THE CROWD

If you're stuck trading gifts with all the cousins—or any group you're not tight with—don't waste time picking nine unique presents. A study in the *Journal of Consumer Research* found that most folks prefer a great one-size-fits-all gift over a mediocre personal one. So first, consider the crowd. Are they all beer hounds? Then that's what's on tap. Choose a gift that's high quality but under the radar, says etiquette expert Diane Gottsman. In the suds scenario, you might dole out seasonal six-packs from a great microbrewery. There you go: One and done.

EDITED BY LILA BATTIS

BE GRAIN-FREE, HEALTHY, SLENDER FAST!

The #1 *New York Times* bestseller ***Wheat Belly*** changed the national conversation about health and weight loss. Now, by popular demand, Dr. William Davis has created an easy step-by-step program to free yourself from the toxic effects of wheat and grains. ***Wheat Belly 10-Day Grain Detox*** gives you the meal plans and delicious recipes you need to go grain-free in the shortest time possible.



On sale now wherever books and e-books are sold.

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Men's Health



Men'sHealth

TECH GUIDE 2016

Ride shotgun as Idris Elba test-drives the electrifying Tesla S P90D. The rest of your 2016 wish list is inside.

IDRIS WEARS BONOBOS AND CALVIN KLEIN



The 2016 Ford Explorer Sport. With a standard 3.5L EcoBoost® engine that produces best-in-class V6 horsepower.* Now nothing is holding you back.

THE NEW **2016 EXPLORER**

*Class is Large Utilities based on Ford segmentation. Tested with 93-octane fuel.


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TECH GUIDE 2016

GREAT GEAR COSTS YOU, BUT IT CAN ALSO SET YOU FREE. HERE'S YOUR INVESTMENT GUIDE.

Fly this! Page 28.

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2016 Tesla Model S P90D

Tesla's latest all-electric sedan is supergreen and superfast. Like, Ferrari fast. Want to know how that feels? Read on about *MH* test pilot Idris Elba's neck-straining experience. Of course, this ride will also crush your daily commute, thanks to some serious all-wheel drive. Plus, its lithium-ion battery is good for nearly 300 miles on a charge. Need to top off? There's a dashboard mapping feature to direct you to the nearest public "supercharger" station for a one-hour power-up. "Autopilot" mode will let you automatically pace other drivers on the way there—or anywhere—without rear-ending anybody. Tesla's Elon Musk promises to keep the self-driving software coming. So forget the mechanic. You can just reboot.

From **$108,000** teslamotors.com



Idris wears a **Bonobos** suit, **Calvin Klein** shirt and tie, **Montblanc** watch, and **To Boot** shoes. Styling by Brian Boyé



DRIVEN TO WIN

WE TAKE A DRIVER'S ED CLASS IN AN ELECTRIC SUPERCAR. INSTRUCTOR: IDRIS ELBA

By BEN COURT Photographs by TURE LILLEGRAVEN

Idris Elba craves speed.

"Even as a kid I always loved moving fast. I love the skill of driving," says the self-described petrolhead. Elba's first set of wheels, at age 9, was a wooden crate with tires "nicked off a pram," the Londoner recalls. (That's Britspeak for baby stroller.) He's settling into something sleeker right now, the driver's seat of the new-for-2016 Tesla S P90D. We're in a deserted warehouse in Vancouver. Elba's in town to shoot *Star Trek Beyond*.

Elba laughs as he recalls his first car, a Mini with a busted gearbox that he would tool around in as a 14-year-old. The shifting was extremely manual. "It was *ehhhhhhh, ehhhhhhh*—you really had to jam it in gear," says Elba.

GEAR

Actor, director, musician, DJ, designer—Idris Elba does it all. Here's how he stays plugged in.

EVERNOTE
"I really can't live without this app, because I'm constantly sharing files with my production company."

USB STICKS
"I carry 34 gigs of music. Someone says there's a new tune and asks, 'You want it? Got a USB?'"

SENNHEISER HD25 HEADPHONES
"They're lightweight and comfortable and have great audio quality."

APPLE iPHONE 6 PLUS
"I do everything on it—read my scripts, listen to books, make music. It's also my lifeline to family."

AKAI PROFESSIONAL MPK MINI
"With this keyboard, I'm able to make music and play with tunes anywhere."

MUSIC APPS
"Spotify, SoundCloud, but my favorite is Dub Siren, which has more than 50 reggae and jungle radio stations."

NATIVE INSTRUMENTS MASCHINE MIKRO
"It's a drum machine with color-coded pads so you create hands-on beats."

UDG GEAR ULTIMATE DIGI BACKPACK
"It has lots of pockets and padding, and a light so you can see in a dark club."

RAPID FIRE
Idris Elba

Muscle car, sports car, or truck?
Truck

Vinyl, CD, or MP3?
Vinyl

Horsepower or torque?
Horsepower

Dream car?
Ford Cortina 2000E. "My dad had one. It was purple. It's a beauty from the mid-1970s."

Sex in the car or on the beach?
In the car

Change a flat or call AAA?
Change it

Phone call or FaceTime?
FaceTime

Gear you lust after?
A pair of white Technics SL 1200 turntables

Video games or board games?
Video games

Last speeding ticket?
"176 mph in an Aston Martin DB9 near Calgary during the Gumball 3000 rally, from London to New York. Got four more! Cost me $1,500."

Elba's first job was as a tire fitter in a dusty London garage. His father, Winston, worked in a Ford factory, and after graduating from high school, Idris labored there on the night shift for two years.

Since making it in Hollywood, Elba has shifted to faster rides. Earlier this year he set the British speed record for one mile, powering a Bentley Continental GT Speed along a beach at 180.3 miles an hour for the Discovery Channel show *Idris Elba: No Limits*. He also piloted a dragster that can blast from zero to 100 in 0.8 second, competed in a dirt-road rally in Ireland, and he flew a loop-the-loop in an aerobatics plane.

So yes, he's the man you want holding the steering wheel if you're about to launch a six-figure battery-powered rocket.

"This is the future, isn't it?" he says, checking out the Tesla's cockpit and the 17-inch touchscreen for accessing Internet radio, raising and lowering the suspension, and, most importantly, switching to Ludicrous mode (an optional $10,000 upgrade that pours more power from the battery to the wheels). He engages it, of course. Now the car can do zero to 60 in 2.8 seconds, faster than a McLaren F1.

But unlike a McLaren F1, there's no growling engine, no billowing exhaust. The Tesla is totally silent, which makes the next moment disorienting, like watching someone scream in a soundproof chamber.

Elba stomps on the accelerator and we hurtle across the warehouse between towering bales of paper. He brakes later than seems prudent; we decelerate rapidly. He whips the car around, floors it again, and we blaze another high-speed run. And another. Next, Elba spots a support column and we drive around it in circles, going faster and faster until the tires are screeching. When we roll to a stop, all is quiet, except for the thumping of my heart.

"I like that! It's fast, isn't it?" Elba says with a knowing smile.

Later, after we've zoomed around Vancouver, Elba riffs on what he wants from his ride.

"When I get into my car, I want it to be an extension of my living room," he says. "I want it to feel private, and I want to be able to control the environment. I do a lot of work and creative thinking on the road. I totally appreciate an automatic transmission car."

When he's in London, Elba rides an electric scooter, the BMW C Evolution, so he's familiar with the muted, sudden power of e-vehicles. Shifting into car-critic mode, he reels off his favorite features of the Tesla. "This car is spacious and well styled. The power is incredible, the suspension is right, and that acceleration is mad, man! Wow!" Then he changes course. "One gripe: The steering wheel doesn't represent the car. It's too thin," he says. "It doesn't have enough muscularity."

Ideally, Elba says, he'd turn off the traction control and other sensors and take the Tesla off-road. "Rally guys drive their arses off, and that appeals to me," he says.

"I've learned two things about driving fast," he says, "First, when to brake and how to brake. You judge the corner, then vary your pressure, and you work the clutch and decelerate with the downshift. You can hear it, the *vrrrooom, vrrrrrooooom*." And the second lesson, which also applies to your career: "You always, always, have to look way ahead down the road."

MUSIC

The albums Elba would bring on a road trip. Say, to a new galaxy.



SURVIVAL (1979)
Bob Marley
Pan-African revolution reggae



LIFE AFTER DEATH (1997)
The Notorious B.I.G.
Lyrical storytelling and great beats



BABEL (2012)
Mumford and Sons
Punchy folk rock



CUMBOLO (1979)
Culture
Classic, brooding island reggae



TREVOR NELSON COLLECTION (2013)
Sixty R&B club classics from 1979 to 2010

Grooming: Melanie Neufeld/MAC Cosmetics/Plutino Group. hair: Brett Mayo. prop styling: JP Carthy. production: Shaun Veltkamp/The Hive Media Works. Chris Waller/Retna Ltd./MediaPunch (Marley). Chi Modu/Diverse Images/Corbis (B.I.G.). C Flanigan/Wirelmage (Mumford). Brian Jann (Culture). Chris Gerenby/Retna Ltd. (Nelson)



"I want my car to be an extension of my living room. I want it to feel private, and I want to be able to control the environment. I do a lot of work and creative thinking on the road."



Cozy Up with Mother Nature

WITH THESE 12 PRODUCTS, YOU'LL BE THE KING OF THE MOUNTAIN—AND THE RIVER, TRAIL, AND CAMPSITE.

Pack Smart Before You Hit the Trail

A properly loaded bag will save your back and help you maintain your balance, says Bryan Johnson, REI's outdoor programs coordinator for Colorado. Follow Johnson's packing advice and that distant, empty, gorgeous patch of scenic earth will feel like it just got a little closer.

Sierra Designs Tensegrity 2 FL

Tell your old A-frame tent to F off: The Tensegrity 2 turns shelter design on its head with a trapezoidal configuration that expands the top third to provide easier entry and more headroom. (More sexroom too, if you and your tentmate are so inclined.) Of course, the option to move beyond missionary isn't the only reason to love this tent. A huge awning provides dry entry and exit, protects you from the sun, and even lets you keep the doors and windows open during a summer cloudburst. And since it pitches with trekking poles, you'll shed poundage from your pack: The whole two-person setup weighs a mere 2 pounds, 10 ounces.

$390 sierradesigns.com







Arc'teryx Bora 2 Mid GTX Hiking Boots

These boots can reliably carry you from summer to winter. Just change out the waterproof Gore-Tex liners according to the season. Bonus: Those liners can double as camp slippers. *$320, arcteryx.com*



Osprey Packs Atmos AG 65

A taut mesh panel along the back hugs your body while allowing air to move freely between you and your stuff. Is it the lightest backpack ever? No. Is it the most comfortable? Could be. *$260, ospreypacks.com*



Nemo Sonic Down Sleeping Bag

A pair of vents (Nemo calls them gills) running along this 0° bag allows you to lower or raise the internal temperature by up to 20°F in case you start sweating or shivering. *$500, nemoequipment.com*

FEATURE PHOTOGRAPHS BY JAMIE CHUNG



Snow Peak BiPoD Stove

Traditional ultralight stoves put the burner right on top of the fuel canister, giving them only one point of contact with the ground. To add stability, Snow Peak swung the burner out to the side so a pair of sturdy aluminum legs could unfurl for added support. You'll appreciate that if you've ever kicked over a hot pot of coffee or noodles in the backcountry. *$90, snowpeak.com*



UCO Titan Stormproof Match Kit

The potassium chlorate sheath running along half of each 4-inch matchstick produces a torch that blazes for up to 25 seconds. The watertight container is a nice bonus, but you won't need it: These matches light up even after a dunking. *$10, ucogear.com*

MSR Guardian Purifier

The U.S. military asked MSR to create a better water filter. The result: one that flushes contaminants back into the water source instead of storing them inside. So even after processing gallons of virus- and bacteria-ridden sludge, it still clears an astonishing 2.5 liters of drinkable water per minute. *$350, msrgear.com*





ThermaCell Hand Warmers

Each of these silicone pads can pump out up to six hours of heat. Charge them before you leave the house; then slip them into your gloves or boots just as your pals start to shiver. Now pretend to be cold, or people may purloin your prized purchase. *$70, heat.thermacell.com*



Sierra Madre Research Adventura Hammock

Call this a flying tent: The roof shelters you from dew and downpours, the net protects you from skeeters, and the load-bearing hull keeps your essential gear within arm's reach. *$399, sierramadreresearch.com*



Vargo Titanium Funnel Flask

Unless you're a tattoo artist or surgeon, your hands probably aren't steady enough to fill a typical flask. For the rest of us, Vargo's nifty titanium booze tank comes with a clever flip-up silicone funnel. Drink up, Shaky! *$75, vargooutdoors.com*



Oakley Latch

Hang these shades from your collar, and tiny clips hidden inside the temples will clamp down hard on your shirt. Now when you lean over a stream to filter water into your CamelBak, your specs won't tumble off into the current. *$130 to $190, oakley.com*



Brew Up a Quicker Cup of Camp Coffee

No stove? Do this: Before you put your fire out at night, boil water and pour it into a steel thermos. Wrap it in a sweater and stash it in your sleeping bag. Unless the air outside is near freezing, the H_2O should still be warm enough to brew coffee first thing in the a.m., says Bill Ristenpart, Ph.D., author of *The Design of Coffee*.



Logitech UE Boom 2

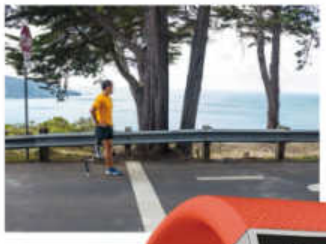
The waterproof speaker offers 15 hours of battery life and 100 feet of Bluetooth range, and it adds a measly 1.2 pounds to your backpack. *$200, ultimateears.com*

Prop styling: Angela Campos (tent and bicycle). Icons by HUBERT TERESZKIEWICZ

ILLUSTRATIONS BY SUPERTOTTO



don'tquitfit











fitbit surge™

Elevate your training with **Fitbit Surge**.™ Built with live GPS tracking, continuous **heart**-rate monitoring, and all-day activity tracking right on your wrist, this **adva**nced tracker is designed to maximize your workouts. So, no matter what **gets** your blood pumping, you have what it takes to find your fit.

GPS TRACKING · CONTINUOUS HEART RATE · MULTI SPORT · ALL DAY ACTIVITY · CALL & TEXT ALERTS · MUSIC CONTROL · SLEEP TRACKING · SYNC WIRELESSLY

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Trek Madone

There are aerodynamic bikes, and there are smooth rides. Then there's Trek's new Madone—a road rider's revelation. Comfy for the long ride, air-splitting for speed. And if you want to kick your buddy's butt in a metric century, it's the perfect balance of stiffness and weight (that's what she said) for efficient pedal strokes and precise handling. Plus the integrated brakes will keep you from plunging off the Alpe d'Huez (or the Hill Near Your House).

Customized Madone H2 **$13,367** trekbikes.com (stock builds from $6,000)



Garmin Varia Rearview Radar

Like eyes in the back of your helmet, Varia Radar alerts you to vehicles coming up behind you. It provides you with distance estimates and alerts approaching drivers with progressively brighter flashes. *$300, tail light and head unit; $200, tail light only; garmin.com*





Giro Synthe MIPS

This dome cap causes 16 percent less drag than Giro's non-aero Aeon. It's sharp looking and has a suspended slider layer to reduce rotational brain forces in a crash. *$270, giro.com*



Faraday Porteur

Electric-assist bikes make for a no-sweat commute, but you won't mount an ugly one. Faraday hid the battery in the frame and simplified the switchgear for 250 watts of sleek tailwind. *$3,500, faradaybikes.com*



Pump Up a Flat—Fast

STEP 1 Pick up a CO_2 inflator. A 16-gram cartridge will inflate a road tire to a rideable pressure in seconds—exponentially faster than a wheezing mini-pump.
STEP 2 Practice at home so you don't blow it (again) on the road. Try our favorite inflator, which allows for precise CO_2 flow control: Silca's Eolo III. *$40, silca.cc*

Leave the Pack

LET OUR BUDDIES AT *BICYCLING* MAGAZINE PUT YOU IN THE NEWEST, FASTEST GEAR.


WASHABLE
WET/DRY
Panasonic
Panasonic
JAPANESE
BLADE
TECHNOLOGY
LOOK SHARP
Forged stainless steel blades.
Engineered for outstanding comfort and precision.
Panasonic
PanasonicGrooming.com
Available at
amazon
BEST BUY



Saucony Xodus 6.0

Meet your trail buddy: He's tough, and he'll pull you through the nasty sections without complaint. The Vibram outsoles with aggressive lugs provide extraordinary traction in mud and on steep terrain. A plate protects your forefoot from roots and rocks, yet the shoe's cushioning is like a sofa's. *$120, saucony.com*



Pearl Izumi Fly Endurance Shorts

The storage features are ideal for long runs. Stash your gels in the hip pockets; put ID, cash, and keys in the zippered back pocket. *$60, pearlizumi.com*



Kaenon S-Kore

Don't let blinding sun trip you up when you hit the trail or road for a run. These proprietary polarized lenses can handle the glare while providing crystal clarity for reading both the terrain and the screen of a GPS watch. The ultralight frame stays put no matter how rough your outing is, but if these glasses do go flying, don't freak—they're exceptionally impact resistant. You can buy a lens tint for any sport. *$239, kaenon.com*



Falke RU Achilles

Runners will try anything to stave off tendinitis, including new socks. This pair, launched in June by a German brand just entering the U.S. market, has silicone nubs that massage your Achilles tendon with each stride, leading to a happier ending. And as a bonus, the nubs locked out debris during hard-core testing at the 2015 Leadville Trail 100 Run. *$50, falke.com*

Core Running Wear Air Shirt Long

Group runs at *RW* HQ can leave a stinky contrail. This polyamide shirt has a career-saving mesh panel. *$80, goreapparel.com*



Running Mates

OUR FRIENDS IN THE *RUNNER'S WORLD* TEST LAB BUILD YOUR CARDIO SUPPORT TEAM.



CEP Men's Progressive+ Compression Run Socks 2.0

Can compression socks help you run and recover faster? This pair fits so snugly it's worth a test run. *$60, cep compression.com*

New Balance 1500v2

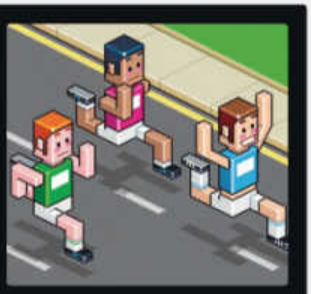
Serious runners like to rotate between at least two pairs of shoes for various conditions. This shoe doesn't need a stunt double. Its first iteration won the Best Debut award in the *Runner's World* Summer Shoe Guide for its solid performance in everything from speedwork to long runs. The new version, available in January 2016, is light and flexible enough for a 5K and cushioned and supportive enough for a marathon. You'll like it. You might even decide to buy two pairs. $110, *newbalance.com*





Pearl Izumi High-Visibility Apparel

Safety first: Reflective markers on the sleeves and pant legs are designed to help drivers spot runners up to 200 feet out. *Jacket, $85; pants, $90; tights, $70; pearlizumi.com*



Run Less, Run Faster

Running shouldn't be a long, dreary slog. In fact, according to Danish scientists, you can improve your speed by doing this instead of your usual run: After a warmup, jog 30 seconds, run 20 seconds, and sprint 10 seconds. That's 1 circuit. Do the circuit 5 times and then walk 2 minutes. Repeat the whole 7-minute set 3 or 4 times.


THE NORTH FACE
NEVER ONE PLACE,
ALWAYS ONE JACKET
MEN'S THERMOBALL JACKET
Designed for the modern explorer, Thermoball provides ultralight warmth in any condition.
THERMOBALL™
POWERED BY PRIMALOFT.
THENORTHFACE.COM/THERMOBALL

Which Tracker Fits?

THERE ARE NEARLY 10,000 WAYS TO TRACK 10,000 STEPS. FIND ONE THAT'S RIGHT FOR YOU.

Are you wearing a watch right now?

YES

Are you willing to ditch it for a health tracker you'll wear all day, every day?

Hell no. I love this watch.

What matters more: Tracking your workouts, or tracking your activity between workouts?

Workouts. I care about the sweat.

PoloTech by Ralph Lauren

Sensors woven into the shirt's fabric track your heart rate, steps, breathing depth, and calories burned.

$295, ralphlauren.com



The activity between: There's just more of it.

NO

As long as it still tells the time.

Are you more of a Michael Phelps or a Meb Keflezighi?

I stick to land activities.

Like golf?

My butterfly is soaring.

Speedo Shine by Misfit

Hands down, this is the best tracker for swimmers: The aircraft-grade aluminum case is water-proof to 150-plus feet. It monitors your steps and sleep and logs each lap you put in at the pool. Bonus: It never needs charging.

$80, misfit.com



Withings Pulse O2

Withings scores big with versatility: Remove it from the wristband and you can clip it to your belt or drop it in your pocket. It also has sophisticated sensors that can track heart rate and blood oxygen levels as well as monitor your sleep cycles.

$100, withings.com



Who has time for friends?

Sure I will.

How about posting a map of your run on Facebook?

Why not?

Will you share your fitness victories with friends?

I prefer to break an actual sweat.

Imagine you could pay for a cup of coffee by swiping your wrist against a credit card machine. Sound cool, or is that too Inspector Gadget for you?

Let's stick to fitness, okay?

Do you beat yourself up for spending too much time sitting on your ass each day?

I'm pretty good about moving around.

YES

Fitbit Charge HR

The MobileRun feature lets you track pace and distance. Log meals and workouts, and brag about your success on the leaderboard.

$150, fitbit.com



Jawbone UP4

Two features set the UP4 apart: It syncs your Amex to pay for things on the fly, and it buzzes when it detects that you've been sitting on your butt too long.

$200, jawbone.com



That's my sport!

Microsoft Band 2

GPS tracking makes the Microsoft Band ideal for cataloging runs and bike rides to review or share. It also puts email previews on your wrist, and with myRoundPro by TaylorMade, it's the ultimate band for golfers, serving up course data and tracking each stroke.

$250, microsoftstore.com



Charge it!

Sounds like overshare to me.


PRADA
LUNA ROSSA SPORT
THE NEW FRAGRANCE FROM PRADA
MACY'S AND MACY'S.COM
PRADA

Face Value

THE MORE WE LIVE WITH THEM, THE MORE WE LOVE 'EM.



It's alive! Apple's new wrist candy pairs seamlessly with the latest iPhone—and goodies like Live Photo (see page 24).

Apple Watch Sport

The Apple Watch's beauty was clear from its debut. But slick software updates make it smarter with each release. A Time Travel mode? Customizable face options? Check and check. And with new apps, it's more useful than ever.

$400 apple.com

An Apple All Day

It has more than a pretty face, and you can take it pretty much everywhere. Here are four great uses.

AT THE STORE
Register your credit card with Apple Pay and use the watch to buy stuff without your wallet. That'll come in handy when your arms are full of gifts. *apple.com/apple-pay*

IN THE GYM
The bull's-eye rings track your exercise in minutes, calories burned, and time spent on your feet. Or your laziness. (Ready for that standing desk now?)

ON THE FLY
Upload your boarding pass, access the Wallet app from your watch, and flash your wrist to the TSA folks. You'll sail right through! Now if only you had an app for more legroom.

ON THE ROAD
The watch tracks your pulse, so you can send your heartbeat to your wife while you're away (aww…) or to your trainer to help keep track of your workout.



Epson Runsense SF-810

BEST CHOICE FOR **Runners.** It's more than a mindless tracker; this device's Smart Stride sensor calibrates your stride to track distance, pace, and cadence even when GPS is unavailable. The chip offers a full 20 hours of tracking before it bonks. *$350, epson.com*



Huawei Watch

BEST CHOICE FOR **Men who talk to their wrists.** Activate voice commands by saying "Okay, Google," and swipe the touch-screen to toggle between displays. In gold, stainless steel, or black-coated steel with matching link band options. *$349 to $799, huawei.com*

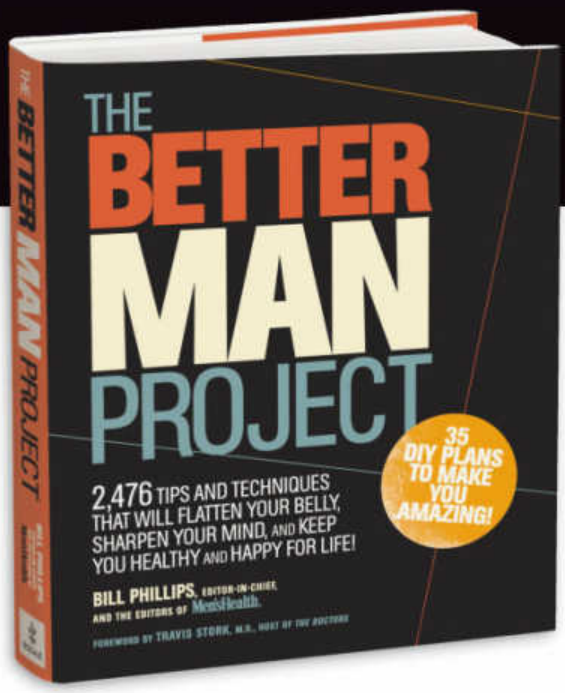


Garmin Fēnix 3

BEST CHOICE FOR **Thrill seekers.** Its many advantages include fast GPS acquisition and lots of smart nav features for adventure sports like skiing, hiking, swimming, and biking. Or hell, even a prison escape. *$500 ($550 for the Performer Bundle), garmin.com*

YOU DESERVE BETTER

A flat belly. Stronger muscles. Hotter sex. Career success. More respect. Greater happiness. Lots of fun. And good health for life.



The Better Man Project is the ultimate health handbook for any man who wants to live better and longer. Written by Bill Phillips, editor-in-chief of *Men's Health*, this 340-page manual is packed with thousands of useful tips and action items to upgrade your diet, fitness, health, relationships, career, and more (as easily as possible), plus specific DIY plans to make you the best man you can be.

Any man can get a little bit better each day. Every man should. Start today.

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Tee and Ski

THESE 9 COURSE AND SLOPE ESSENTIALS HELP YOU DO MORE WITH LESS (SKILL, THAT IS).

Rossignol Allspeed Elite 130

Bake the liner, mold it to your foot, and prepare to cook on the moguls: A new waffle pattern in the shell sheds weight while creating the rigidity you need to transfer serious power. *$850, rossignol.com*



Pret Effect X

Pret's engineers built in a slip-plane system (to reduce the stress of a rotational crash), an avalanche rescue reflector (to alert your saviors), and audio-ready ear covers (to tune out all this tech babble). And it won't make you look like a bobblehead either. *$210, prethelmets.com*





Adidas Asym Energy Boost

The spike patterns on these golf shoes provide swing stability as you load your right side, and a firm grip when you come down on your outer left foot. Works for Jason and Sergio. Why not you? (Made for lefties too.) *$249, adidasgolf.com*



TaylorMade M1 Driver

Jason Day's booming, accurate drives are powered by the new M1: Carbon composite makes the club light and fast, and sliding weights in the head tweak the ball's trajectory. *You* still have to swing it, though. *$500, taylormadegolf.com*



STOP EATING SNOW ON THE SLOPES

Adjust your boot cuff and you'll gain carving control, says Bob Gleason, owner of BootDoctors in Telluride, Colorado. With the boot on, loosen the bolt by the outside of your ankle. Standing in a ski position, adjust the cuff so it hugs your leg all the way around. Now tighten the adjuster and hit the slopes harder.



Völkl 100Eight

Völkl designed these skis so a multilayer wood core keeps the weight light and the stiffness just right for a variety of terrain types. Power and agility, together at last. *$699, volkl.com*

Smith I/O 7

Fog-busting technology keeps the lenses as dry as a Mormon happy hour. *$199, smithoptics.com*





Leki Peak Vario S

Good: The poles attach to your gloves. Better: They detach quickly when you land in deep shit. *$150, usa.leki.com*

Oakley Prizm Golf Flak Jacket

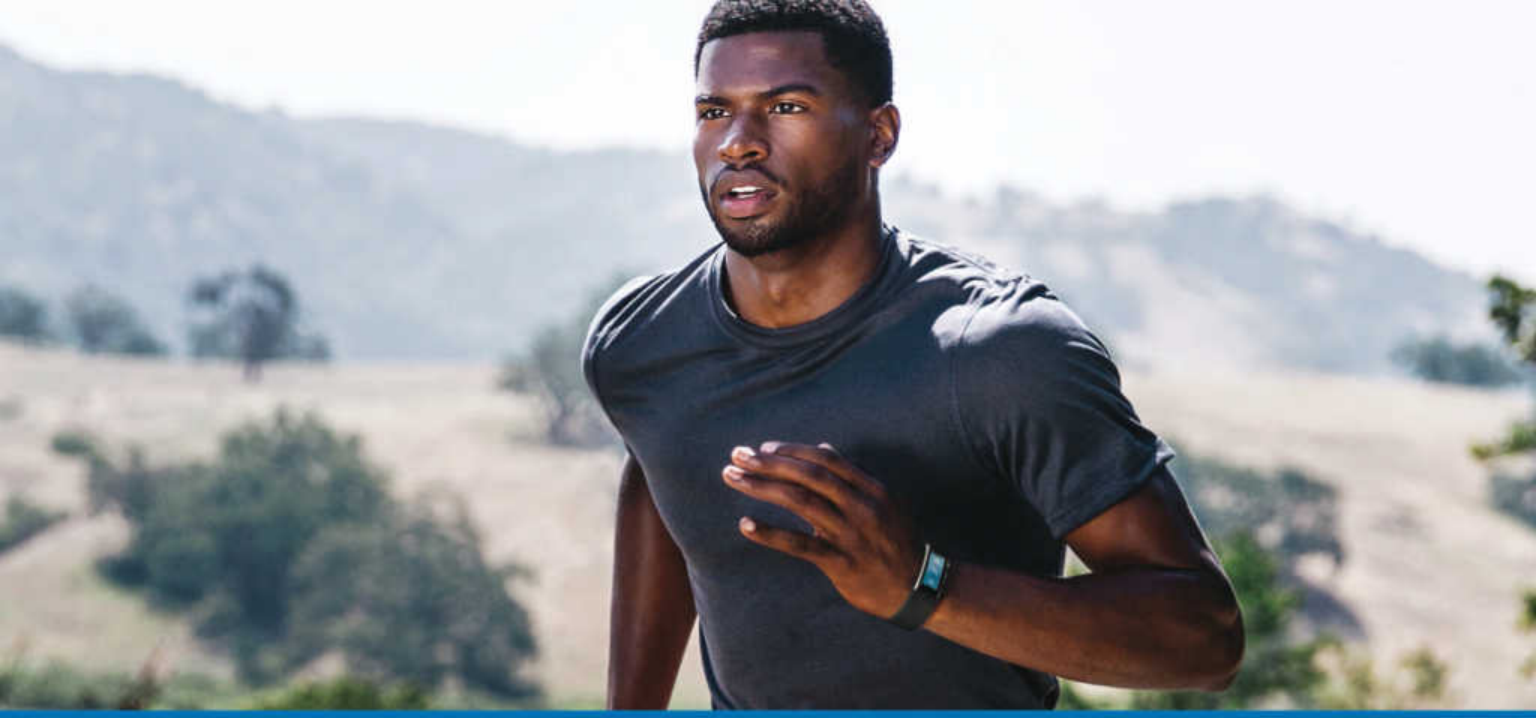
The flawless optics in Oakley's Prizm lenses increase contrast and make colors pop. And that'll help you judge the lay of a course and find your ball in the rough. Or forest. *$170, oakley.com*



FootJoy SciFlex Tour

Breathability and flexibility add comfort, and a smart closure holds the glove in place when you stand over a long iron on a rainy day. *$20, footjoy.com*





Live healthier and achieve more.

Great things happen with every step.
Microsoft Band is the perfect running partner. Whether you're on the treadmill or the trail, you can track your heart rate and calorie burn, map your route with GPS and more. Plus, you're always connected to email, calendars and texts.

Microsoft Band





AKG N90Q

Mics and software in these headphones (designed with help from Quincy Jones) adjust frequency response based on the shape of your ears, according to the company. That sounded gimmicky, so we asked a big-eared editor to try them out: The warmth and precision was stunning. What was missing? The outside world, thanks to active noise-cancellation circuitry and the total seal provided by the leather ear cups.

$1,500 akg.com



Get an Earful

THERE'S A HEADPHONE WAR. YOU WIN.

Which Audio Stream Should You Dive Into?

You have a half dozen amazing digital music services to choose from. Let's narrow your options.

	MONTHLY COST*	NUMBER OF SONGS	MAX AUDIO QUALITY	
The Family Man APPLE MUSIC	$10	30 million+	256 kbps	It works seamlessly with iTunes, and if you upgrade to the family plan ($15 a month), you can put six users on one account. Bargain!
The Music Junkie SPOTIFY	$10	30 million+	320 kbps	Spotify offers the cleanest tool for searching songs and building quick, customized playlists. It's also available for Linux. Not that you care.
The Digital Hoarder GOOGLE PLAY MUSIC	$10	35 million+	320 kbps	The tool will catalog up to 50,000 of your MP3s (twice that of its closest competitor) and drop them in right alongside the music you stream.
The Trend Spotter RDIO	$10	35 million+	320 kbps	Created with underground artists in mind, Rdio can be set to alert you when your favorite artists have new music or new tour dates.
The Audiophile TIDAL	$20	35 million+	Lossless (Hi-Fi)	It's debatable whether you'll notice the bump in "lossless" (i.e., CD quality) audio. But if you can afford $1,500 headphones, what's $20 a month?
The Cheapskate PANDORA ONE	$5	2 million+	192 kbps	The selection sucks, and you can only dial up radio stations, not specific songs. But it's cheap! It even has an ad-supported free version.

*Prices reflect premium listening plans. Some services offer less expensive (and sometimes free) downgrades with limited functionality and advertisements.



Bowers & Wilkins P5 Wireless

These ears leverage the best sonic traits of full-size speakers to deliver detailed, dynamic, pristine sound. Finally, wireless that wows. *$400, bowers-wilkins.com*



NightHawk by AudioQuest

Call it planet-friendly fidelity. You get full bass, extended treble, and melt-in-your-ears midrange from mostly green and renewable materials. *$600, audioquest.com*



Powerbeats² Wireless

Work out without sweating the tunes. Bendable hooks keep the buds planted, and a six-hour battery means you'll run out of juice before they do. The sound? Easily best in class. *$200, beatsbydre.com*

BRAUN

Series 9

NEW

Introducing the

World's Best Shaver

in efficiency and skin comfort*



RUSSELL WILSON
SUPER BOWL CHAMPION



Introducing the Braun Series 9 with the unparalleled efficiency of SyncroSonic™ technology. The Series 9 has four cutting elements on its fully flexible head that provides maximum comfort and facial adaptability for the ultimate close shave.

Learn more about Series 9 at Braun.com

*proven on 3 day beards

Furtif Evercut Chef's Knife

This titanium-carbide blade stays out-of-the-box sharp for 25 years. Plus, it looks 007-level cool. If Bond made pico de gallo, he'd use this. *$138, aplusrstore.com*





Fluidstance Level

This wackadoo-dle platform is deliberately unstable, forcing you to balance while at your stand-up desk. It's kinda fun, and it keeps you moving in a vaguely healthy way. It even looks nice. Surf's up! *From $289, fluidstance.com*

iFi iPhono

Vinyl Lesson No. 1: A phono preamp jacks the cartridge's ultralow signal output and restores the flat frequency response for incredible sound. Lesson No. 2: This device manages to do that almost invisibly. *$429, ifi-audio.com*



Bring It All Home

8 SEEMINGLY SUPERFLUOUS GADGETS—AND WHY YOU TOTALLY NEED THEM.

Devialet Silver Phantom

After pioneering analog-digital hybrid speakers for rich audio-philes, Devialet spent four years shrinking the technology for aver-age ears. Here it is: a 24-pound work of art sealed with 1.2 tons of pressure and capable of producing a full spectrum of clear, undis-torted sound. It'll work with your iPhone, turntable, and even a TV for rumbling surround sound. *$2,390, store.devialet.com*





Panasonic Arc5 5-Blade Maxi-mum Comfort Shaver ES-LV9N

The razor wars keep escalating. This five-blade, wet/dry, 14,000 CPM (cycles per minute) whisker wacker cuts so close and smooth that other electric shavers feel like cheese graters by comparison. Credit a combo of samurai-sword-sharp steel, five individual stubble-trapping foils, and a pivoting head. *$600, shop.panasonic.com*

Noke Smart Padlock

No fumbling: Your cellphone is the key to this Bluetooth lock. If it's in your pocket, the lock yields to a yank. And if you lose the phone? Tap a code and you're in. *$70, noke.com*





Cut Up Dinner, Not Your Digits

Here's a good (finger) tip: Choke up on the knife handle to pinch the butt of the blade between your thumb and index finger, suggests Bill Collins, the author of *Knife Skills*. Wrap your other three digits around the handle. Try to keep the tip of the blade on the cutting board as you raise and lower the fat end of the knife to chop. Next: *Top Chef*.



Flir FX

Surveillance videos usually show a lot of nothing. This Wi-Fi home mon-itoring camera detects movement and automati-cally compiles a highlight reel. *$180, fx.flir.com*

Pro-Ject 2Xperience SB

If you don't "get" the vinyl revival, blame a world of wretched turntables. The belt-drive 2Xperi-ence SB is everything those record players aren't: solidly constructed (low-resonance fiberboard cabinet) and nearly pitch-perfect (built-in speed controller), with a light-yet-rigid tonearm (car-bon fiber) that's fitted with a gem of a stylus (elliptical diamond). So start haunting thrift stores: That rarer-than-rare Stones LP could pay for this turntable. *$1,600, pro-jectusa.com*




WITH MORE THAN 50 DIFFERENT AIRLINES, WHY HAVE A MILES CARD THAT LIMITS YOU TO JUST ONE?
Capital One
VENTURE
Earn Unlimited Double Miles
No matter which airline has the flight you want, you can use your Venture® miles. Just book your flight, then use your miles to cover the cost. It's that easy. Isn't it about time you switched?
Capital One
what's in your wallet?®
Credit approval required. Redeem miles for travel on any airline based on actual ticket price at time of purchase. Offered by Capital One Bank (USA), N.A. ©2015

Cam-a-Lot

WHICH CAMERA IS RIGHT FOR YOU? THAT DEPENDS ON WHAT YOU'RE GOING FOR—HIGH ART, HIGH ADVENTURE, OR HIGH TECH. WE'LL HELP YOU CHOOSE.

EXTREME



All-Angle Views

The ultra-fisheye lens of the **360fly** captures everything around and above it in HD video. Viewers can change angles with a swipe on their phone or tablet. *$400, bestbuy.com*



Heat Vision

You want to spot water leaks in your home, critters in your bushes, or ninja assassins on your roof. Then snap **Seek Thermal** into your smartphone, hotshot. *$249, thermal.com*



Freezeproof

Not only is the **Panasonic A1** half the price and half the weight of many action cams, it's shockproof and can handle frigid temps. That covers most of your weekend adventures, right? *$200, panasonic.com*



Waterproof

Many action cams are small, light, and simple. But the **Go Pro Hero4 Session** can be bumped and dunked too. And its shape allows for countless mounting angles. *$300, gopro.com*



Live Photos

You know about the 4K video and 12-megapixel stills. But the **iPhone 6s** can also string pics together to create a moving image. Your dog never looked cooler catching that Frisbee. *From $649, apple.com*



Auto-Shooting

It's the Selena Gomez of cameras: compact and stunning, with 28-megapixel stills and 4K video. In auto-shoot mode, the **Samsung NX500** identifies the ideal moment and fires. *$800, samsung.com*



Two-Way Shots

The second built-in camera inside the **Panasonic HC-WX970** lets you shoot two angles—say, pitcher and catcher—simultaneously. It beams both to your smartphone. *$1,000, panasonic.com*

Easy Editing

Literally shake up the way you make highlight reels. The **TomTom Bandit** earmarks your best action shots and transmits them to your phone. Shake the phone to reorder the footage. *$400, tomtom.com*





Low-Light Fixes

The tiny **Leica Q**'s massive 24-megapixel sensor and supersharp lens make it ideal for dimly lit shots. Nail pro-quality landscapes or on-the-go street shots. *$4,250, us.leica-camera.com*



Superzoom

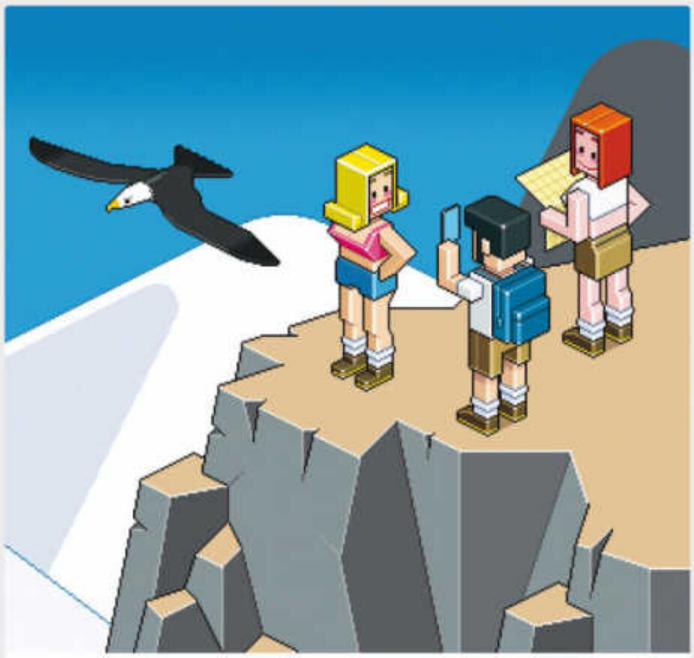
An 83x optical zoom sounds absurd, but the **Nikon Coolpix P900**'s images are stellar. Lunar craters look crisp, and wildlife is sharp from 1,300-plus feet. Built-in Wi-Fi, natch. *$600, nikonusa.com*

SERENE


TOYOTA
Let's Go Places
PLAY NOW
Learn more at toyota.com/tacoma
Professional drivers on closed course. Do not attempt. Prototypes shown with options. Production models may vary. Bunny head not included. ©2015 Toyota Motor Sales, U.S.A., Inc.
THE ALL-NEW TACOMA

Take Pics That Click

3 WAYS TO CREATE GREAT PHOTOS, COOL FILMS, AND THE NEXT VIRAL VIDEO.



Phone Photos

When Cielo de la Paz's snapshot was picked up by Apple's "Shot on iPhone 6" campaign, it became the selfie seen around the world. (Remember that striking shot of a woman with a red umbrella gazing into a puddle?) What that snapshot really shows is that we all carry photography potential in our pockets. Here's how de la Paz makes the most of her mobile.

1
FORGET YOUR FLASH; GO WITH MANUAL MOVES

The best photos feel personal, not perfectly produced. So turn off your flash and use a manual exposure setting, which lets you add contrast before clicking. HDR mode can be helpful: It'll capture three shots at different exposures and then merge them for one terrific trifecta of an image.

2
EVERY ONCE IN A WHILE, THINK INSIDE THE BOX

In grid setting, the screen will divide into nine separate boxes. Use the lines like rulers to better frame your subjects and shoot straighter skylines. If something in the shot looks too blurry, just tap where you need more focus; then arrange your grid around that focal point.

3
KEEP IT REAL: EDIT WITH A LIGHT TOUCH

You don't need fake-feeling Instagram filters. Just download an editing app like Snapseed (free) and go to "Tune Image." Use the sliding scale to gently adjust shadows and tinker with the ambience, de la Paz suggests. The less you do, the more authentic the result will look.

Phone Filming

Do you want to film silly GIFs, your kid's next at-bat, or even a mini-movie for your short-film Oscar? There's an auteur in your pocket, so let him out. Austin Mann, a travel photographer, videographer, and iPhone tester whose work has adorned Apple's stores, helps you shoot straight with these tips.



1
STABILIZE YOUR PHONE TO AVOID SHAKY SHOTS

For action shots, the iPhone 6s Plus self-stabilizes. For other phones or if you want to add flair to your footage, try Hyperlapse. This free app steadies wobbles and even lets you replay footage at faster speeds using a time-lapse feature.

2
SNAG EVEN THE SMALLEST SOUNDS

Block background noise and create a low-tech amplifier by cupping your hand around the phone's mic and toward your subject. Or plug in the Rode VideoMic GO ($99, samys.com). It's lightweight, vibration-proof, and powered by the phone's battery.

3
MAKE EDITING ALMOST AUTOMATIC

To cut like a modern-day master, use an app like Clips (free, iPhone) or Cinema FV-5 ($2.50, Android). Both of these allow you to adjust exposures and string clips together directly on the phone instead of uploading files to a computer.



Going Viral

Not surprisingly, the TED talk "Why Videos Go Viral" went viral. Created by Kevin Allocca, YouTube's expert on Web video trends, it has 1.8 million views. "Think of your video as a conversation starter with you, your viewers, and their friends," Allocca says. Here's his guide to video fame. (The fortune is up to you.)

1
STICK WITH IT (AND STOP TRYING SO HARD)

Don't expect to break the Internet with one of your first posts; it's not often that people gain fame from a one-off video. Most creators mess up early on, so feel free to experiment publicly. The best way to build a loyal audience is slowly—that is, by sharing tips, tricks, and tutorials over time.

2
THINK ABOUT YOUR GLOBAL AUDIENCE

More than 80 percent of YouTube views happen outside the United States. So remember that your video could be seen by anyone, anywhere, as long as they have Internet access. So jettison the inside jokes, okay?

3
NARROW YOUR FOCUS TO WIDEN SHARING

People often think they should make something that will appeal to everybody, but usually micro-specific topics—workout styles, individual video games, quirky cuisines, off-the-wall observations—are what attract passionate (sharing) audiences. The fans will find you. Thanks, Google.

ILLUSTRATIONS BY SUPERTOTTO

HUAWEI



A NEW STYLISH
SMARTWATCH
FOR SMART,
STYLISH PEOPLE.

HUAWEI WATCH
SMART, REDEFINED

GETHUAWEI.COM/WATCH

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Perks and Rec

GROWNUP BOYS DESERVE GROWNUP TOYS.

Yuneec Typhoon Q500 4K

You want to fly, not read the dang manual all day. This drone gives you your wings—and rotors—immediately. The controller has a touchscreen to adjust the gimbal-stabilized cameras, aim the lens, and receive telemetry data, including altitude and battery life. Let go of the controls and it'll hover, leaving you free to focus on the 4K high-def footage or gorgeous 12-megapixel stills beaming on the ground station's screen. Lose sight of it completely? Push a button and your bogey will return to within a two-putt of where you're standing.

$1,200 yuneec.com



Paddle That Board with More Power

Paddle virgins stroke with their arms only. Weak! Pro boarder Chase Kosterlitz says holding the paddle with a light grip will force you to recruit more of your core. Bend at the knees and waist and reach forward until your lower arm is straight. Dip and pull by thrusting your hips and twisting your body toward the paddle.



PhunkeeDuck Personal Transporter

Self-balancing technology, foot-pressure-sensitive speed (12 mph!), and directional shifters let you glide around like a next-gen skateboarder—or a dude who broke the handlebar off his Segway. Plus, the lithium-ion battery makes the little board light enough to carry it with you wherever you go. There's even a remote key fob to lock down the engine so no one can jack your ride. *$1,500, phunkeeduck.com*



Nerf Rival Zeus MXV-1200 Blaster

Nerf's arms race has led to two new features: Its foam balls fit into a reloadable 12-round magazine, and motorized firing lets you brat-a-tat-tat your buddies in semiautomatic mode. The scope is accurate, and the ammo flies at 100 feet per second. So go Rambo without an ER visit. *$50, hasbro.com*



Ten Toes Globetrotter Stand-Up Paddleboard

The sinker for many would-be SUPers? Gigantic boards are a pain in the butt to cart around. Ten Toes solves that problem with this sleek, 12-foot-long inflatable. It'll pack up into a 1-by-3-foot bundle, inflate easily with a hand pump, and remain practically puncture-proof, thanks to the military-grade PVC material. Toss in the adjustable lightweight paddle and you can SUP anywhere—except land. *$740, tentoesboards.com*

10 VS 1

MACH3® FEELS BETTER THAN A BRAND NEW DISPOSABLE,*

EVEN AFTER 10 SHAVES





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Gillette MACH3

CLOSER SHAVE*

ZERO REDNESS**

* VS. Gillette® Custom Plus®
** It's possible with MACH3®

Gillette®

THE BEST A MAN CAN GET™



Vizio M-Series 65"

This affordable 4K LED smart TV nails all the essentials—bright, rich images and a full complement of Web streaming apps. But the details also set it apart: The remote is brightly backlit (so no groping in the dark, except for your couchmate) and easily transfers smartphone movie clips onto the big screen. *$1,700, vizio.com*



Epson Home Cinema 2045

Got a big wall, or a (clean!) bedsheet? Then you can have an affordable giant TV. This Epson can project up to 25 feet of tack-sharp HD viewing, even in 3D. Invite the neighbors: The extreme color fidelity and brightness will leave them mesmerized. *$849, epson.com*



HP Envy 34c Media Display

The curved widescreen monitor's 3,440×1,440-pixel display and cinematic 21:9 aspect ratio offer Trump-size real estate for multiple windows, video streaming, and large-scale image editing. The screen is also glareproof, so it'll stay sharp and looking good at any angle. *$1,000, hp.com*

SONY X930C

You could probably binge-watch all the existing 4K content in a weekend, but more is on the way. For now, Sony's upscaling engine will make even the "normal" HD content you play, watch, or stream appear sharper, clearer, and more vibrant. (Integrated Android TV supports 4K showings from Amazon and Netflix.) And for your ears? Built-in digitally enhanced speakers with multichannel processing create realistic surround sound without extra boxes to trip over.

$3,800 sony.com



Meet Your New Best Friend

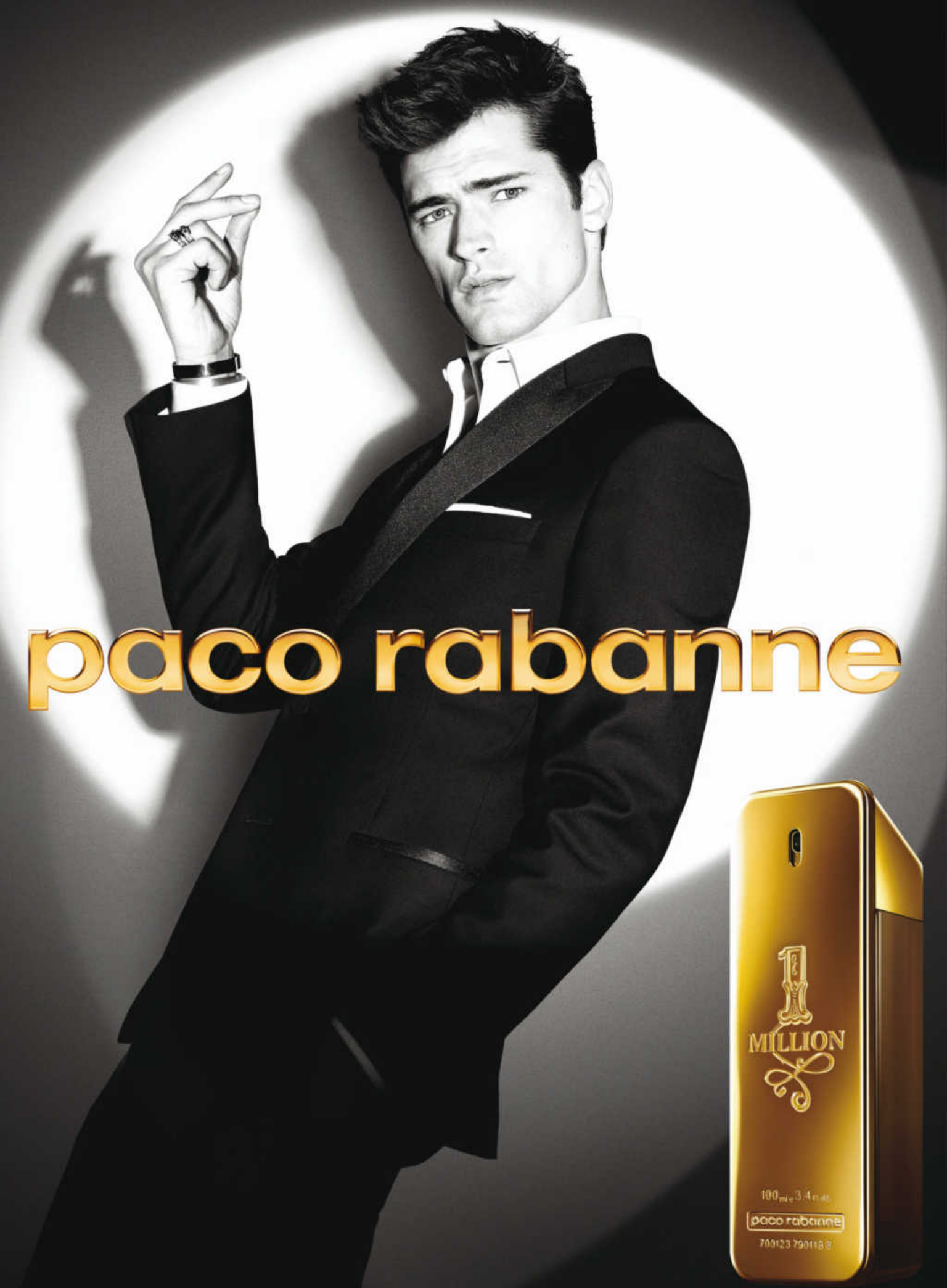
FOUR AT-HOME VIEWING EXPERIENCES THAT'LL PLEASE HER ON YOUR COUCH.



Tap Into Your True Power Potential

Modern technology makes life easier. That is, until something you've come to rely on runs out of juice. The solution? More tech! These gadgets recharge most gizmos in new ways too.

PROBLEM	Power lines are down. You want to party like it's the Northeast blackout of 2003, but your kegerator is globally warming.	Your flight is late. Outlets are jammed. You have calls to make, sitcoms to watch, a laptop to keep humming.	Energy around the fire pit is flickering, mostly because it's, well, pretty dark. And crickets aren't great DJs.
SOLUTION	Flip on your **EnerPlex Generatr Y1200,** a superbattery delivering 1,231 watt-hours to keep your mini-fridge chilled, TV powered, and laptop charged for hours. At 42 pounds, the silent backup is 60 percent lighter than others in its class. Think: portable party. *$1,400, goenerplex.com*	With the tiny **Zolt Laptop Charger Plus,** you can use a single outlet to run your laptop and two USB-powered devices, like a smartphone and a tablet, simultaneously. Translation: When sockets are scarce, you're the man in demand. *$100, gozolt.com*	You need a disco ball stereo charger. The **Brunton Lightwave Amp** has a 400-lumen light, a rechargeable lithium-ion battery, and two USB ports. Control LED shine and cue tunes from your phone via Bluetooth with a free B-Sync app. *$220, brunton.com*


paco rabanne
1
MILLION
paco rabanne

paco rabanne



Macy's and macys.com

K.O. Cable!

IT'S EASIER THAN EVER TO BREAK FREE FROM THE MAN'S RESTRICTIVE CORD.



1 PICK A NEW TUNER



APPLE TV*

Now with simpler iTunes catalog access. Search movies and shows by voice control, and fast-forward with a simple swipe. *$149 and up, apple.com*



ROKU 4

Best for 4K-streaming setups. This remote also uses voice control, and it has a headphone jack and finder feature. *$130, roku.com*



AMAZON FIRE TV STICK

For the clutter averse: The cord-free device plugs right into an HDMI port (and is faster than Roku's stick). *$40, amazon.com*

2 CHOOSE A STREAMER

NETFLIX

It has great original content and a library of about 7,200 titles; the streaming lineup changes monthly. *$8/month, netflix.com*

iTUNES**

At least 85,000 movies and tons of TV make it a sweet FU to cable: Pay only for what you watch. *About $6 per movie, $3 per episode; itunes.com*

AMAZON PRIME

You get access to some 19,000 movies and TV programs, including old HBO shows, and its own original series. *$99/year, amazon.com*

3 ADD A LITTLE SOMETHING

SLING TV

The basic package is 23 channels (including ESPN, AMC, and CNN), but upgrades bring more. (No broadcast networks yet.) *From $20/month, sling.com*

HBO NOW

A standalone channel worth the bucks: *Game of Thrones* and *Silicon Valley* as they come out, and a classic library. *$15/month, hbonow.com*

HULU

It's too limited to be your main streamer, but its premium service is great for timely shows like Fallon, Kimmel, and *SNL*. *$8/month, hulu.com*

Build Your Setup

One benefit of life without cable is that you can easily add or subtract services as your viewing habits change. But you have to start somewhere, right? How about here, with our quick guide to your perfect package.

THE MOVIE CRITIC

Roku 4 + Amazon Prime + Hulu

So you like *Y Tu Mamá También*? And weird black-and-white flicks like *Eraserhead*? You'll find both on Hulu. If ultra HD is your thing, you want to search the Amazon Prime library.

THE SPORTS FANATIC

Roku 4 + Amazon Prime + Sling TV

Sports nuts find cord-cutting painful. Sling TV won't give you the major networks, but it does have ESPN. With Roku 4, you can order sport-specific services like NBC Sports and MLB.tv.

THE BINGE WATCHER

Amazon Fire TV Stick + Netflix + HBO Now

This couch-friendly combo will provide you hours of riveting drama with a lineup of great shows like *Breaking Bad*, *The Walking Dead*, and *Boardwalk Empire*.

THE CHANNEL SURFER

Apple TV + Netflix + Hulu

Don't care what you're watching as long as it helps you chill? Netflix and Hulu make vegging out a pleasure, and Apple TV provides iTunes rentals.

*Apple TV is not compatible with Amazon Prime or Sling TV. **iTunes is not compatible with Roku 4 or Amazon Fire TV Stick.

INSIDEOUT EVENTS & PROMOTIONS

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GO BIGGER FOR BETTER RESULTS. SIX STAR® WHEY PROTEIN PLUS 5LB VALUE SIZE – NEW AT WALMART!

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Style Shown: Cliff House

NEW FROM MAUI JIM: BLUE HAWAII LENSES

Introducing the Blue Hawaii fashion flash lens from Maui Jim: a new take on the Maui Jim's PolarizedPlus2 lens technology featuring a blue flash mirror coating that eliminates glare and provides 100% protection from UVA and UVB rays. Now available in top selling styles.

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STYLE



Alfa Romeo 4C Spider

She's the whole package: gorgeous Italian curves, affordable lightweight carbon-fiber chassis. With just 2,487 pounds to move, the modest 237 hp engine does zero to 60 in 4.1 seconds. *$63,900, alfaromeousa.com*

LUXURY



Bentley Bentayga

Hop into the fastest SUV on the planet. Its 600 hp, 12-cylinder engine can do zero to 60 in 4 seconds and reaches a max of 187 mph. At this price, you bet it has chrome and quilted leather. *$229,100, bentleymotors.com*

AGILITY



Cadillac ATS-V Coupe

Consider it your BMW M4 alternative, a chiseled ride with a track-tuned chassis and twin-turbo V6. With titanium components, the guts generate instant torque when you drop the hammer. *$62,665, cadillac.com*



Cage Your Rage

Drive angry and others may pay. In simulation tests, peeved drivers failed to spot road hazards, and they took up to three times as long to react to pedestrians as when they were calm, Irish researchers found. The fix: Act like an animal and you won't drive like one, says psychologist Leon James, Ph.D., coauthor of *Road Rage and Aggressive Driving: Steering Clear of Highway Warfare*. Meow, bark, quack—any species' sound will work. PS: Stop when you're calm, okay?

INSANITY



Ducati 1299 Panigale S

All hail the street-legal racing bike. At 205 hp and 367 pounds, it has the best power-to-weight ratio on the market. The semiactive suspension allows for more road grip, and antilock braking helps you corner fast. *$19,295, ducatiusa.com*

POWER



Porsche 911 Carerra

Sure, a fuel-efficient turbocharged engine is nice, especially for a base model with 370 hp. But a "sport response" button to prep the drivetrain for max acceleration? That's hot. *$89,400, porsche.com*

MUSCLE



Chevrolet Camaro SS

Meet the quiet monster: This speed demon is 200 pounds lighter than its predecessor, and its chassis is 28 percent stiffer. Plus, the optional stealth mode will mute the growling dual exhaust. *$36,300, chevrolet.com*

ECONOMY



Toyota Prius

How's 55 mpg sound? And as hybrids go, this one is fully loaded: pedestrian detection, lane-departure warning, and dynamic cruise control for rolling right on past that gas station. *TBA, toyota.com*

COMFORT



Lincoln MKX

The twin-turbo V6 sounds fantastic, but you won't hear it inside the cabin, thanks to electronic noise-canceling and the optional 19-speaker (ahem, 19!) surround sound system. *$38,100, lincoln.com*

GRUNT



Ram 1500 Express HFE

Forget your green guilt. This work-ready pickup gets 29 mpg on the highway, the best ever for its class. The V6 eco-diesel engine delivers 240 hp and enough torque to tow 7,950 pounds. *$38,100, ram.com*

MOXIE



Mazda CX-3

It's quick and smart. What's not to like? You don't have to dip too deep into your wallet for AWD, radar-based cruise control, leather, a backup camera, and Bluetooth. *$19,960, mazdausa.com*



GIVE

the gift of thanks this season.

St. Jude Children's Research Hospital®
Finding cures. Saving children.

Give thanks for the healthy kids in your life, and give to those who are not.

When Gabby was still an infant, her mom noticed a lump growing on her belly. It was kidney cancer. After treatment at St. Jude, 2-year-old Gabby is back home and cancer free. Because no family receives a bill from St. Jude for anything, Gabby's family can thankfully focus on what matters most – helping her live.

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